
THE HAIR ISSUE! Tons Of Pretty Styles Inside
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253 New Tips & Tricks
Best Hair Ever!
Make It Shiny, Soft And Mega-Long
THE VAMPIRE DIARIES' Nina Dobrev
Why She Won't Date Her Hot Costars
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Sneaky Ways To Tell He's CHEATING
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Is Your Period Normal?
Turn To Page 110
REAL-LIFE DRAMA
"My Mom Hooks Up With Guys MY Age!"
APRIL 2010
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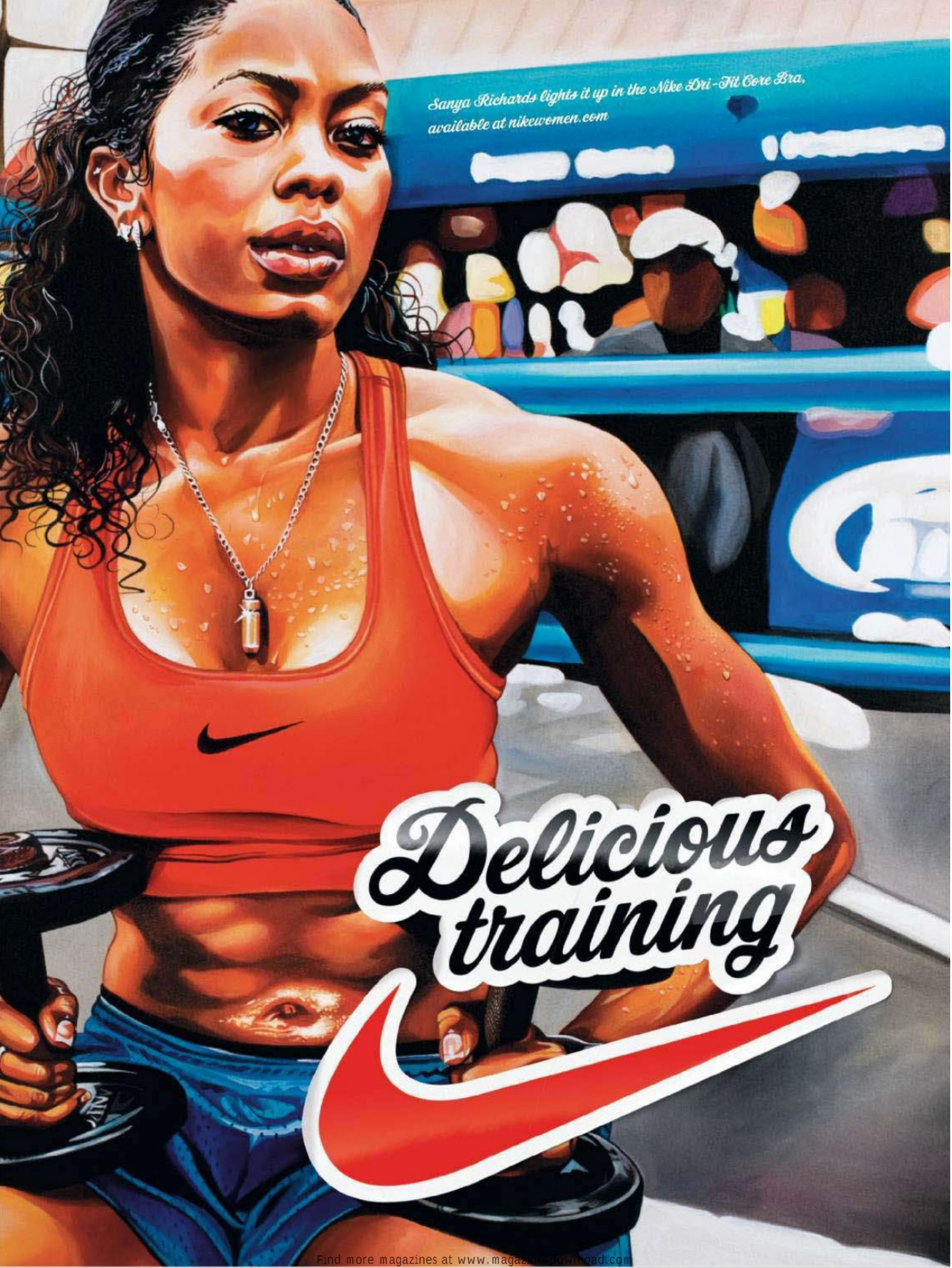
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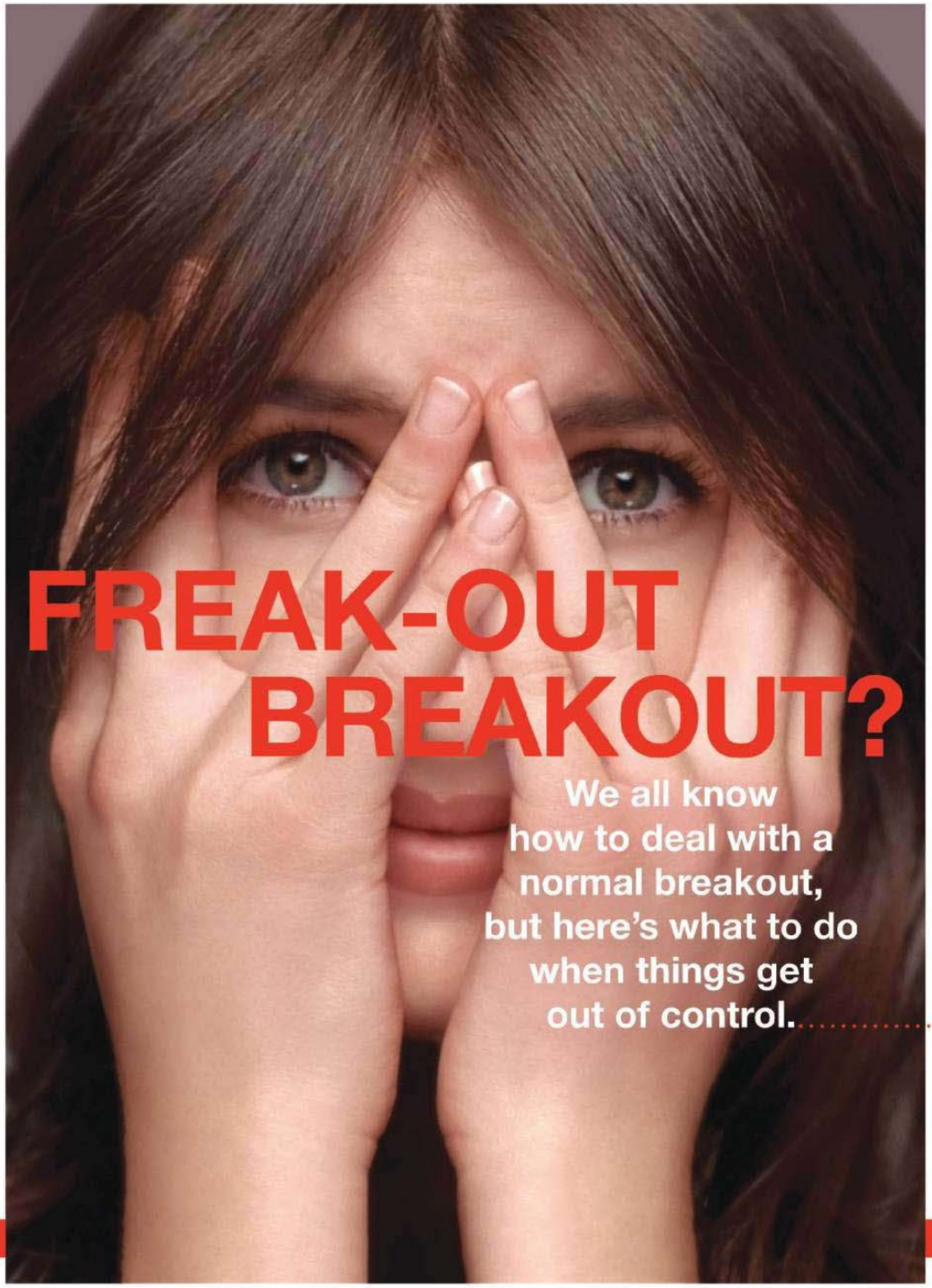
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health

107 Go Veggie, Stay Healthy! Yummy meals that are so simple to make.

108 Find Your Beauty Peace Hello, gorgeous!

110 Your Weirdest Period Questions Answered! Don't be embarrassed: We've got the facts!

your life

126 "I Couldn't Stop Shoplifting!" How Tiffany's shocking habit spiraled out of control.

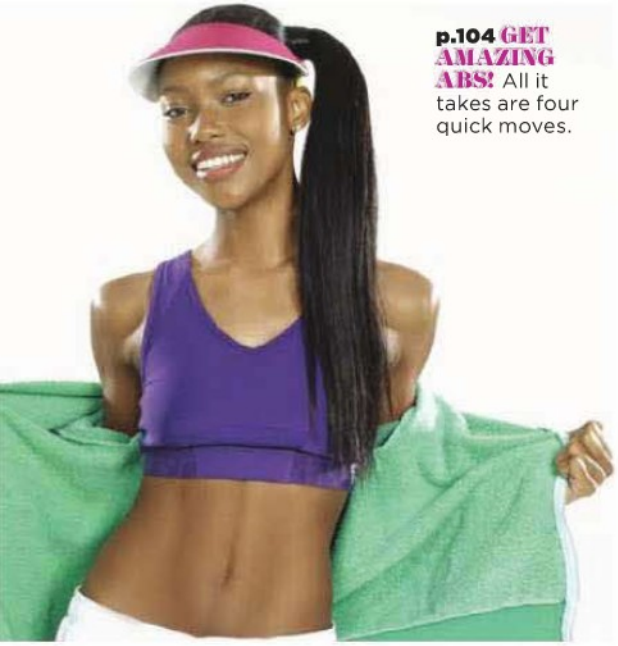
128 Are Your Friends Making You Broke? How to deal with their cash-blowing ways!

130 College Parties—Exposed! Get the inside scoop from a Freshman 15, plus party-smart tips.

131 "I Intern for Tyra Banks!" What it's really like to work for the *Top Model* host.

132 Help Haiti Now! It's not too late to do your part.

170 Cougar Moms! Cool or cringeworthy? Read this special report, then decide!



p.104 GET AMAZING ABS! All it takes are four quick moves.



p.154 TRUE LOVE CRIMES Are *you* guilty? Find out how to come clean and move on!

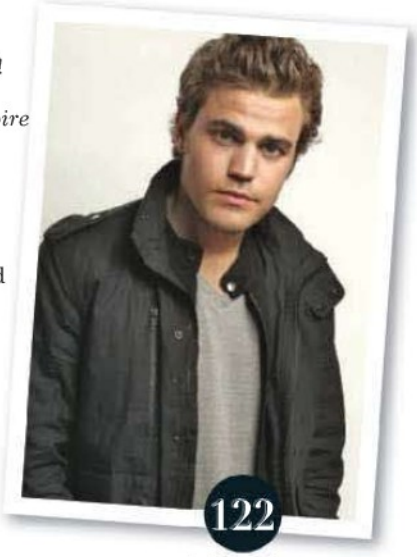
love life

120 Spring Into Flirting Start a hot convo today!

122 Juicy Questions for . . . Paul Wesley The *Vampire Diaries'* cutie spills his love secrets!

123 Sneaky Ways to Tell . . . He's Cheating Real guys reveal the signs.

124 "I'm Addicted to Bad Boys" Erica struggled to break free from crazy guy drama.



122

Is *Vampire Diaries'* Paul Wesley hotter than Rob Pattinson? Find out!

and...

14 April Freebies! Score cool hair products.

16 Hi From Ann! Her favorite fashion bloggers.

20 Get Nina's Girly Look So easy with our tips!

28 What You Think! Your take on our February issue.

112 17 Fun Ways to Go Green! Ecofriendly stuff you'll love.

136 Fresh Face Nina Dobrev's favorite makeup looks and more.

174 Traumarama! Check out these hilarious goofs.

178 April Horoscopes Juicy predictions for your sign!

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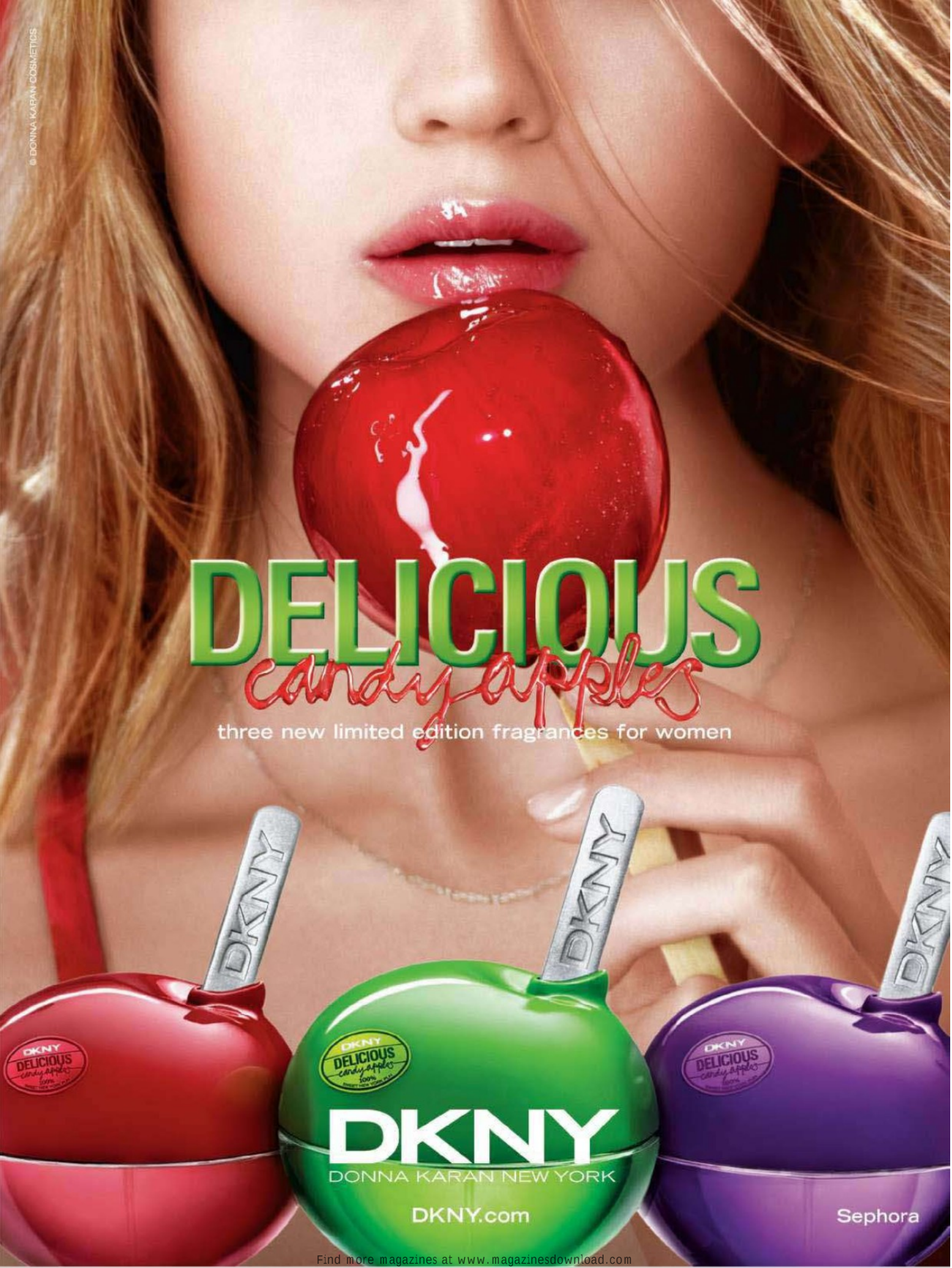
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MAIN PHOTOS: (TRUE LOVE CRIMES) NICK ONKEN; (GET AMAZING ABS!) ONDREA BARBE. STILL LIFE: (LIP GLOSS SWIRL) J MUCKLE/STUDIO D. WESLEY: SCOTT GRIES/STAFF FOR GETTY IMAGES.

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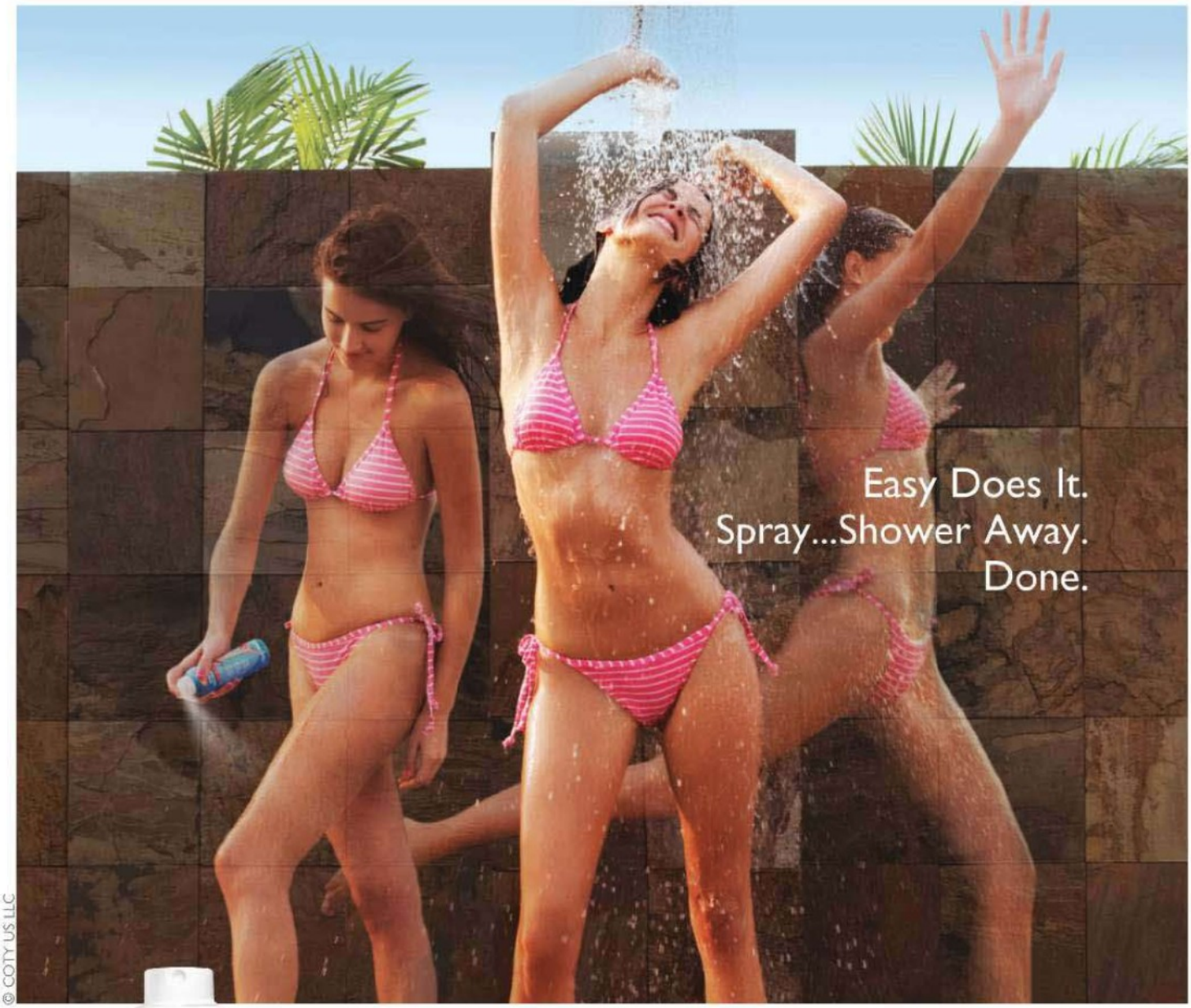


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MAC Lipstick in Girl About Town, $14, maccosmetics.com



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[makeover]

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

HOW TO ENTER: Starting April 1, log on to seventeen.com/freebies daily and type in the Freebie Phrase of the Day [in red] to be eligible to win that day's prize. But hurry—each Freebie will be live for just 24 hours (except the grand prize, which is live all month), beginning at 12 A.M. ET. Winners will be posted online the next weekday by 10 A.M. ET. Go to seventeen.com/freebies or page 176 for details.

MOTIONS

1 — Lavish Conditioning Shampoo [lavish]

2 — Nourish Leave In Conditioner [nourish]

3 — Light Hold Working Spritz [spritz]

PAUL MITCHELL

4 — Extra-Body Daily Boost Root Lifter [boost]

5 — Express Ion Curl Curling Iron [ion]

6 — Hair Sculpting Lotion [sculpt]

7 — Hot Off the Press Heat Protectant [hot]

8 — Express Ion Dry v.2 Blow-dryer [express]

9 — Fast Form Cream Gel [fast]

10 — Express Ion Dry Travel Dryer [travel]

TRESEMMÉ

11 — Naturals Nourishing Moisture Shampoo and Conditioner [moisture]

12 — Fresh Start Waterless Foam Shampoo [foam]

13 — Fresh Start Refreshing Mist [fresh]

14 — Fresh Start Dry Shampoo [dry]

15 — Naturals Radiant Volume Shampoo and Conditioner [volume]

16 — Naturals Finishing Spray [mist]

17 — Naturals Lightweight Mousse [mousse]

PANTENE

18 — Classic Flexible Hold Aerosol Hairspray [cream]

19 — Volume Root Lifting Spray Gel [lace]

20 — Smooth Anti-Frizz Serum [bud]

21 — Full & Thick Mousse [flower]

22 — Texture Spray Wax [cute]

23 — Beautiful Lengths 5 Minute Strengthening Mask [pink]

24 — Curls Styling Milk [sweet]

CONAIR

25 — MiniPRO Tourmaline Ceramic Styler [iron]

26 — MiniPRO Curling Iron [curl]

27 — MiniPRO Hairdryer [blowdry]

28 — MiniPRO Ceramic Straightener [ceramic]

29 — Infiniti by Conair Ceramic Straightener [straight]

30 — MiniPRO Compact Hot Rollers [rollers]

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Hi from Ann!

Where do you get your **fashion inspiration**? Celebs always look amazing, but it can be tricky to re-create their looks on your babysitting-money budget. Television shows and movies hire big-time **stylists** who work to get every **detail** just right—but that kind of effort can look forced in real life. I've always thought that the most **interesting** fashion ideas come from real people. When I was in high school, I used to go to Philly, pig out on cheese fries and Diet Coke with my friends, and just watch **people** walk by. I was inspired by the way some girls rolled their jeans and got the **perfect** slouch. Or how others mixed a leather jacket with lace tights to create a flirty-messy-cool vibe. But now you don't have to leave the house to get your fix of great street style. A new crop of fashion **bloggers** brings the street to you! In fact, this month we got so into the real-girl fashion energy on the blogs that we hired the photographer behind one of the coolest sites, **Phil Oh** of **streetpeeper.com**, to add a little **street cred** to our fashion pages (see page 158). I'd love to see what's happening on the streets in *your* town, so send me pics of your favorite looks at **ann@seventeen.com**!





The Style Council's Anya just has to look out her window for ideas!

PS: Have you checked out the Style Council's fashion blog? Talk to them at **seventeen.com/stylecouncil**.

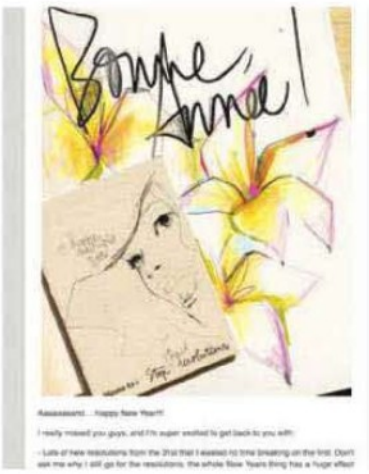
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-A.

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fashion blogs I ❤:

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FASHIONTOAST.COM

Rumi always pulls off the perfect sexy-edgy look, which is why she posts new outfits every single day. (You can score a bit of her style with freebies too!)

WHOWHATWEAR.COM

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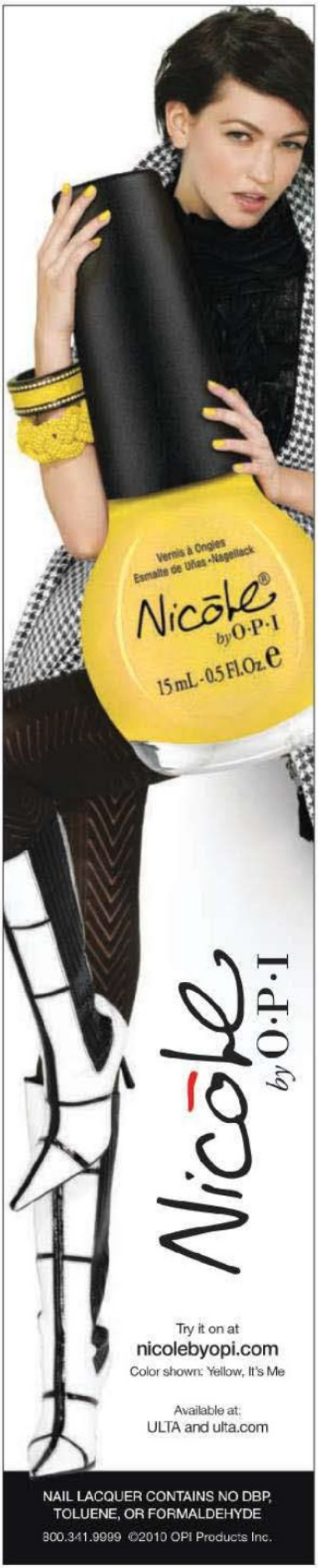
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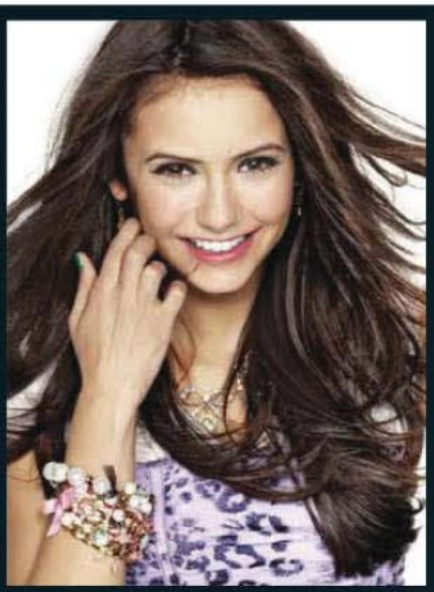


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get nina's girly look

You've seen her dark side on *The Vampire Diaries*, but Nina lightens up in real life. Now get her fun look for yourself!



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lip gloss
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blush & bronzer
Neutrogena Healthy Skin Custom Glow Blush & Bronzer in Posie Glow, $13, drugstores

Dress by McQ by Alexander McQueen. Tee by David Lerner. Earrings by Marc by Marc Jacobs. Necklace, bracelet, and ring by Betsey Johnson. Fashion Stylist: Beau Quillian. Hair: Erin Anderson. Makeup: Charlotte Willer. Manicure: Elle. Photographs: Kenneth Willardt.

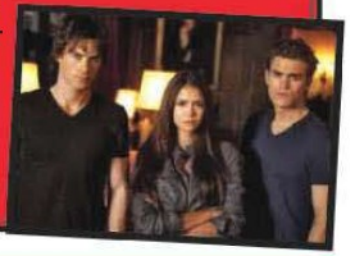
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Visit **seventeen.com/gotprom** to enter!

got milk?®

NO PURCHASE NECESSARY TO ENTER OR WIN. Milk "Got Prom?" Sweepstakes, sponsored by Hearst Communications, Inc. Sweepstakes starts on 3/9/10 at 12:01am (ET) and ends on 4/12/10 at 11:59pm (ET). Go to seventeen.com/gotprom and complete the entry form. Odds of winning will depend upon the total number of eligible entries received. Open to females who are currently enrolled in high school and legal residents of the 50 United States and the District of Columbia, ages 14-19. Void in Puerto Rico and where prohibited by law. For complete rules go to seventeen.com/gotprom.

Sears "The Perfect Prom" Sweepstakes

Prom is right around the corner, and **Sears** has the perfect dress for you! Check out the season's hottest trends including one shoulder, novelty hem lines, animal prints, bold colors and bows. There are over 100 dresses to choose from, 50 of which are under $100! Complete your look with super cute jewelry, handbags, and shoes—all at Sears. Check 'em out now at **sears.com/prom**.

Plus, enter for a chance to win "**The Perfect Prom**" sweepstakes at **seventeen.com/theperfectprom**. One grand-prize winner will score a mega Prom package for her and 4 friends, including **$250 Sears shopping sprees** for complete Prom looks, **full hair and beauty makeovers** at a local salon, and ***Seventeen* swag bags** filled with must-have after Prom essentials!



NO PURCHASE NECESSARY TO ENTER OR WIN. Sears "The Perfect Prom" Sweepstakes sponsored by Hearst Communications, Inc. Go to seventeen.com/theperfectprom and complete and submit the entry form beginning at 12:01 am (ET) on 3/9/10, and ending at 11:59pm (ET) on 4/12/10. Odds of winning will depend upon the total number of eligible entries received. Must be female and currently enrolled in high school ages 14-19 years old and legal residents of the 50 United States and the District of Columbia. Void in Puerto Rico and where prohibited by law. Sweepstakes subject to complete official rules available at seventeen.com/theperfectprom.

Sears Life. Well spent.

17 suggests

BP. Fashion Board at Nordstrom Applications Available Now

Have you always dreamed of working in the fashion industry? Jumpstart your career with a one-of-a-kind internship. The **BP. Fashion Board at Nordstrom** gives girls like you an inside view of fashion while you're still in high school! Members attend monthly meetings that focus on everything you need to know to make it in fashion, plus they have the opportunity to meet with Nordstrom fashion professionals and style experts. Call your local Nordstrom or visit **bpfashionboard.com** to find out how to apply for the BP. Fashion Board nearest to you.

Don't wait to apply—members this year are eligible to compete in ***Seventeen*'s BP. Fashion Board Challenge**!



Events subject to change.

Find more magazines at www.magazinesdownload.com

Get Prom Perfect Skin &



Now you can get flawless looking skin from a moisturizer!

The light-diffusing minerals in new **CLEAN & CLEAR® Finishes Pore Perfecting Cleanser** and **Moisturizer** make imperfections seem to vanish instantly in the light—leaving you with naturally Prom Perfect skin.

Step 1 Start with Cleansing

Wash your face with CLEAN & CLEAR® Finishes Pore Perfecting Cleanser to create a fresh, flawless base to apply your makeup to.

Step 2 Perfect Your Pores

Apply CLEAN & CLEAR® Finishes Pore Perfecting Moisturizer and watch your pores instantly appear softer and less visible for a natural, flawless look.

Step 3 Join the Click

Visit *Seventeen*'s online virtual makeover tool to see how CLEAN & CLEAR® Finishes Pore Perfecting Moisturizer will transform your skin—plus see what Prom beauty looks work for you!

Whether your style is Glam, Romantic or Flirty, the *Seventeen* virtual makeover tool has the "how-to" for you. Find your Prom Perfect look at **seventeen.com/promlooks**!

Exclusive CLEAN & CLEAR® coupon available at seventeen.com/promlooks

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Give A Prom Perfect Dress!

CLEAN & CLEAR® will donate $1 to **DONATEMYDRESS.ORG** for every five entries into this exclusive Prom sweepstakes...

Enter for your chance to win!



The Prom may be over—but the party goes on! One lucky winner will receive an exclusive party the week after Prom for 50 friends, courtesy of *Seventeen*.

The prize package also includes:

- Deluxe beauty makeovers
- Professional DJ
- Event photographer
- One-of-a-kind designer Prom dress
- Sips & sweets, and more!

Plus, all partygoers will be encouraged to bring their gently worn Prom dresses, where they will be given to **DONATEMYDRESS.ORG**. Girls who donate will receive a deluxe ***Seventeen* swag bag**!

Enter today at **Seventeen.com/StartToFinish**

Once you've had your dream night, give another girl hers!

DONATEMYDRESS.ORG is a national network that encourages girls to donate their Prom dresses to those in need.

Clean & Clear® is partnering with DONATE MY DRESS.ORG to make a difference.

NO PURCHASE NECESSARY TO ENTER OR WIN. Start to Finish Sweepstakes. Sponsored by Hearst Communications, Inc. Starts March 9, 2010 at 12:01 AM (ET) and ends April 12, 2010 at 11:59 PM (ET). Odds of winning will depend upon the total number of eligible entries received. Must be female, ages 14-19 years or older who are currently enrolled in high school and a resident of the 50 United States, District of Columbia or Canada. Void in Puerto Rico, Quebec Province and where prohibited by law. Sweepstakes subject to complete official rules available at seventeen.com/starttofinish.

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*When worn with Revlon base and top coat.

REVLON

what you think!



Here are the e-mails about the February issue that got us talking!

good gossip



I love Taylor Momsen! When she spoke about style in her interview, she said: "You can't face the world if you're not being you." That quote really got to me, and after I read it, I decided to cut out all her photos from the story and put them up on my bedroom wall. Now I look at them every morning to feel confident and inspired before I get dressed and go to school. Thank you!

–ANDI, 19, WINDER, GA



Check out Taylor's cover shoot on Andi's wall!

TAYLOR IN FOCUS

To me, *Seventeen* is all about teens who are having **fun** and finding themselves—and even though I love *Gossip Girl* (and Jenny Humphrey!), I couldn't really **relate** when Taylor said that she already knows what she wants to do with her life! I feel like one of the great things about being a **teen** is *not* **knowing** exactly who you are and what you're about yet. I hope I'll be as focused as Taylor one day, but for now, I'm happy to try a bit of everything!



–FRIDA, 15, CALEXICO, CA

I'M GOING "CRAZY"



"How many times have I **acted** on my feelings when I've seen a cute guy? Never. Seriously! The real-girl stories in 'Crazy Love' **inspired** me to stop waiting for love. I've always been too shy to approach the potential **Mr. Perfects,** but now I realize that I may need to take a risk to find the right guy!"

–NICOLE, 16, CULVER CITY, CA

MOMSEN: JONTY DAVIES.

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PROMOTION

Got Prom?



Seventeen Style Pro Ashley

If you've got prom this year, here are a few essential items guaranteed to help you **look and feel your best** for the biggest night of your life. Check out my "must-haves" this prom season...

XOXO, Ashley

Carry On

Get maximum use from your prom clutch without maxing out your wallet. Pick a style that goes with your gown AND nights on the town.





Pump It Up

A fantastic pair of super high pumps will take you to a new level. Don't forget, super high equals super painful, so pick up a pair of insoles to keep you on your feet all night long.

Be Dazzling



Don't be afraid to pile on the sparkles! The more bling in your rings, the brighter your night will be. Reminder, if you stack on the jewels, be sure to keep the rest of the ensemble simple.

Out Do Yourself



Add oomph to your up-do with a stylish headband. From ribbons and rhinestones, to flowers and feathers, the right accent will take your hair to new heights.

Drink Milk



The best foundation for prom is more than just makeup. Prep for prom by drinking lowfat milk every day to help you feel beautiful from the inside out. It has vitamin A and niacin for smooth, healthy skin and calcium for strong, healthy teeth.

got milk?

bodybymilk.com

Enter the Got Prom? Sweeps!

One lucky winner will receive 4 prom essentials inspired by the items above, a personal fashion/beauty consult with a *Seventeen* Style Pro, plus a prom-day beauty makeover! **17 runners-up** will also receive a set of stackable rings to add sparkle to your prom night.

Visit **seventeen.com/gotprom** to enter.

NO PURCHASE NECESSARY TO ENTER OR WIN. Milk Got Prom? Sweepstakes, sponsored by Hearst Communications, Inc. Sweepstakes starts on 3/9/10 at 12:01am (ET) and ends on 4/12/10 at 11:59pm(ET). Go to seventeen.com/gotprom and complete the entry form. Odds of winning will depend upon the total number of eligible entries received. Open to females who are currently enrolled in high school and legal residents of the 50 United States and the District of Columbia, ages 14-19. Void in Puerto Rico and where prohibited by law. For complete rules go to seventeen.com/gotprom.



CREDIT CRUNCH

"'Secret Money Drains' had good **ideas** on how to maximize your money, but one tip—getting a 'membership card'—should be **followed** with caution. Some store VIP cards are actually credit cards, which can have serious consequences if you don't know what you're getting into. My cousin ended up going into a lot of **debt** because of one! Ask tons of questions so you will always know if there is going to be a **downside** to the discounts."

–KRISTI, 17, LAKE CITY, MN

HOT-GUY GRIPE



"The Best Advice From the Hottest Guys!" was fun, but I was put off by **Marcelino's** comment that "all guys instantly put girls in a category—girlfriend or one-night stand—so think about what list you want to be on. Being too flirty, dressing too slutty—it sends a **message.**" Girls should be able to dress whatever way makes them feel the most **confident** and be as flirty as they please, just like guys! Marcelino, you may be hot (okay, *really* hot), but any guy who is **turned** off by a girl because she is **brave** enough to flirt first at a party isn't worth my time!

–ERIN, 17, DENVER, CO

my hero

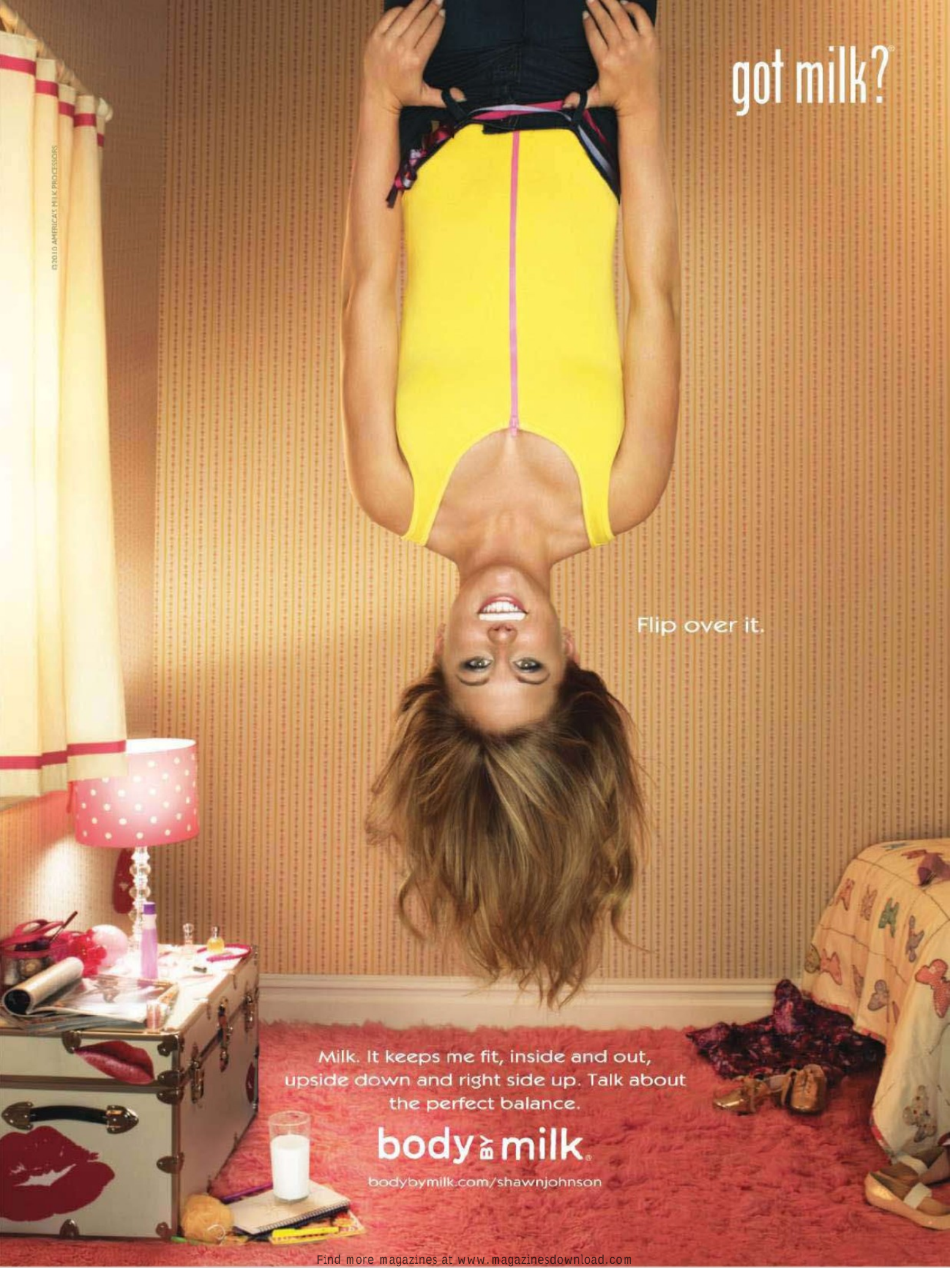


In "I Was Shot While Protecting My Friends," Amber was so brave. Her friends might not be alive if she hadn't been there to drag them to safety—that's unbelievable to think about. But more than that, I loved reading a story about a female soldier. I hear all these stories about guys in the army saving lives, but it's so much more inspirational to hear the story of a girl my age being a real-life hero. It makes me wonder what I would do in the same situation. I hope I would have as much courage as she had.

–MEGAN, 19, TRENTON, NJ

MARCELINO: CHRIS ECKERT/STUDIO D.

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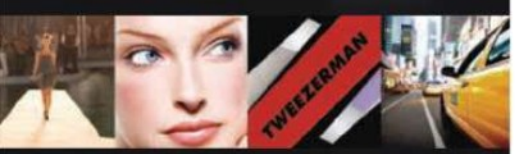


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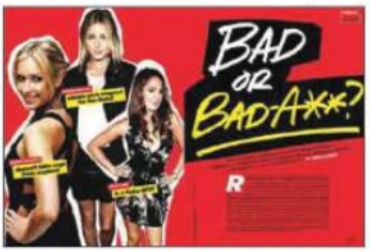


body burst

I didn't realize how much energy I spent wondering how guys saw me until I read "What Guys *Really* Think of Your Body." My friends and my family can tell me the same things, but somehow hearing straight from guys' mouths that they like our soft tummies and small boobs hit me way harder. Every quote was a great reminder to girls that the guys in their lives are into *them*, and their bodies are just part of the package.

–MELISSA, 16, WALNUT, CA

GOOD GIRLS GONE BAD



I loved "Bad or Bad-a**?" I think a lot of girls, like me, have trouble **distinguishing** between the two. I've always been labeled a "bad-a**! My friends love that I'm **honest,** but being super-confident (and maybe a little mean) sometimes scares off guys and **potential** new friends, which is never my intention. There's a fine line between not taking attitude from anybody, and being hurtful, and I'm finally beginning to understand the **difference.** This piece helped, so thanks!

–COURTNEY, 17, BURLINGTON, NJ

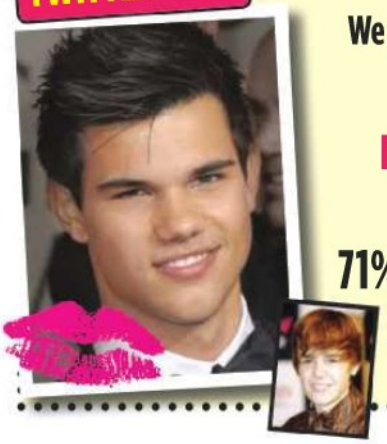


HAYLEY ROCKS!

"As soon as I saw that **Hayley Williams** was one of your Girls Who Rock, I literally started jumping up and down because Hayley is my **number one role model** in life! But as I read more, I was actually surprised: I can't believe she included 'Party in the USA' on her **playlist** and admitted to liking the Spice Girls! I like the fact that she's **quirky.** It makes her even cooler :)"

–SHELBY, 18, BURNSVILLE, MN

TWITTER POLL



We asked *Seventeen*'s Twitter followers:

Who do you love more: Justin Bieber or Taylor Lautner?

71% of you said Taylor Lautner!

Become a follower of *Seventeen* magazine on Twitter and weigh in at twitter.com/seventeenmag!

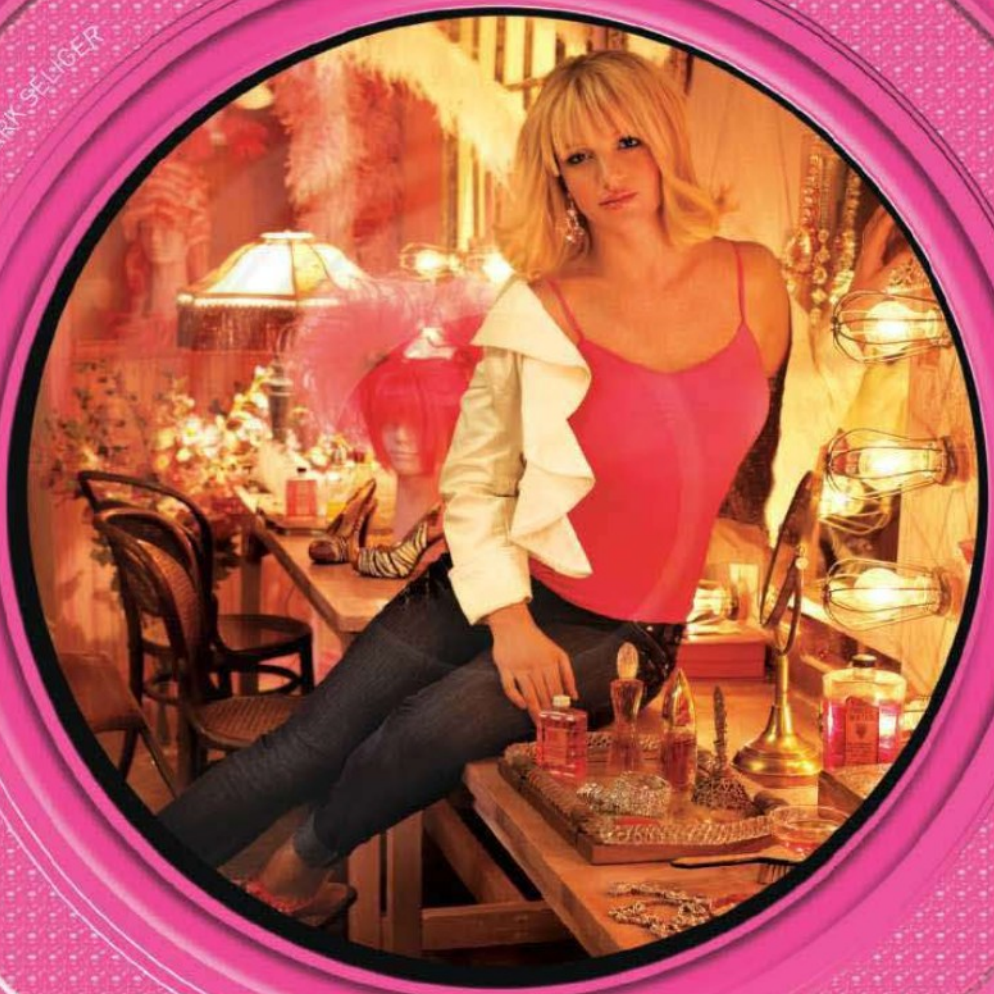
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PRESENTS



"THROUGH THE LENS"

STARRING

BRITNEY SPEARS

zoom lens 1.4

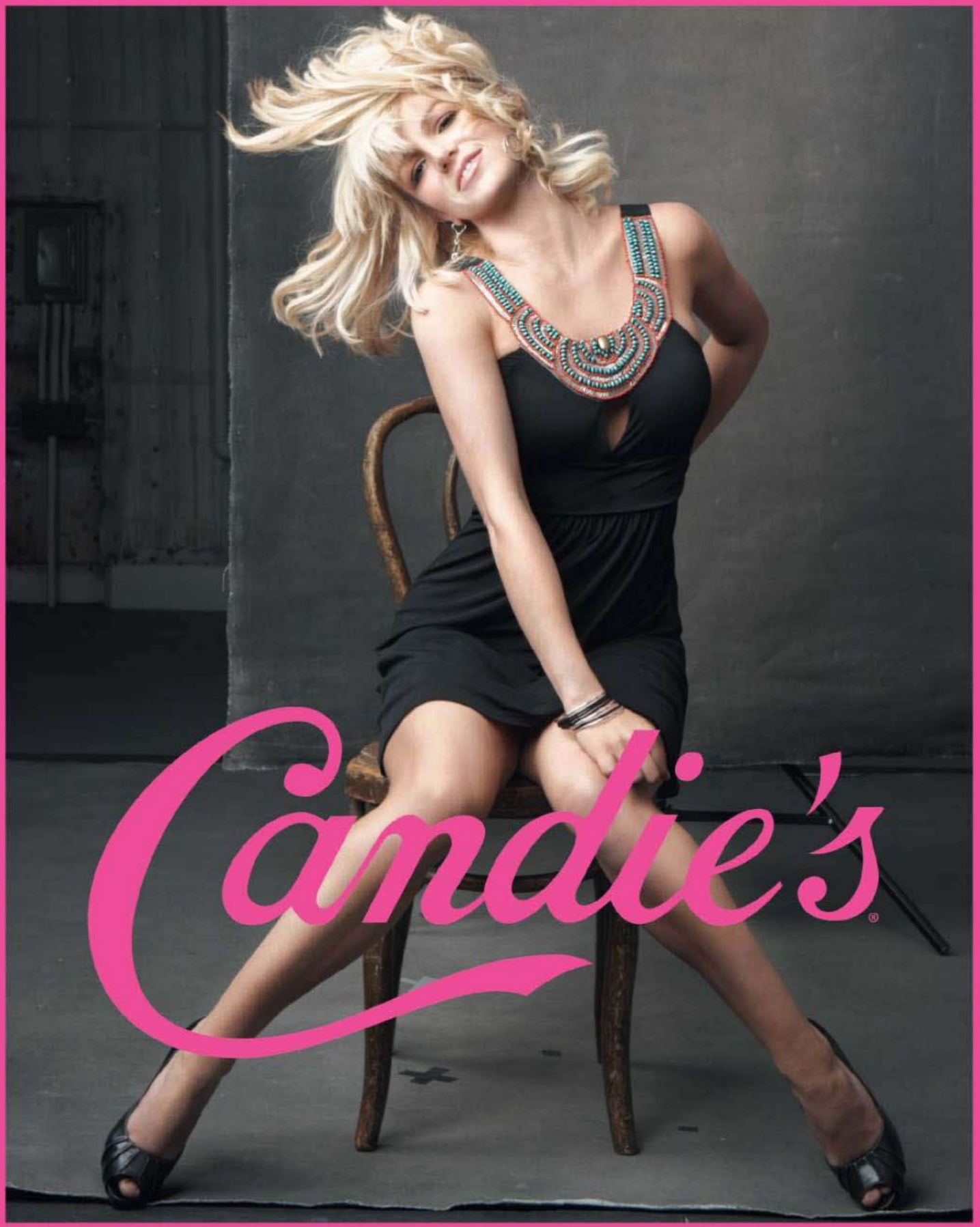
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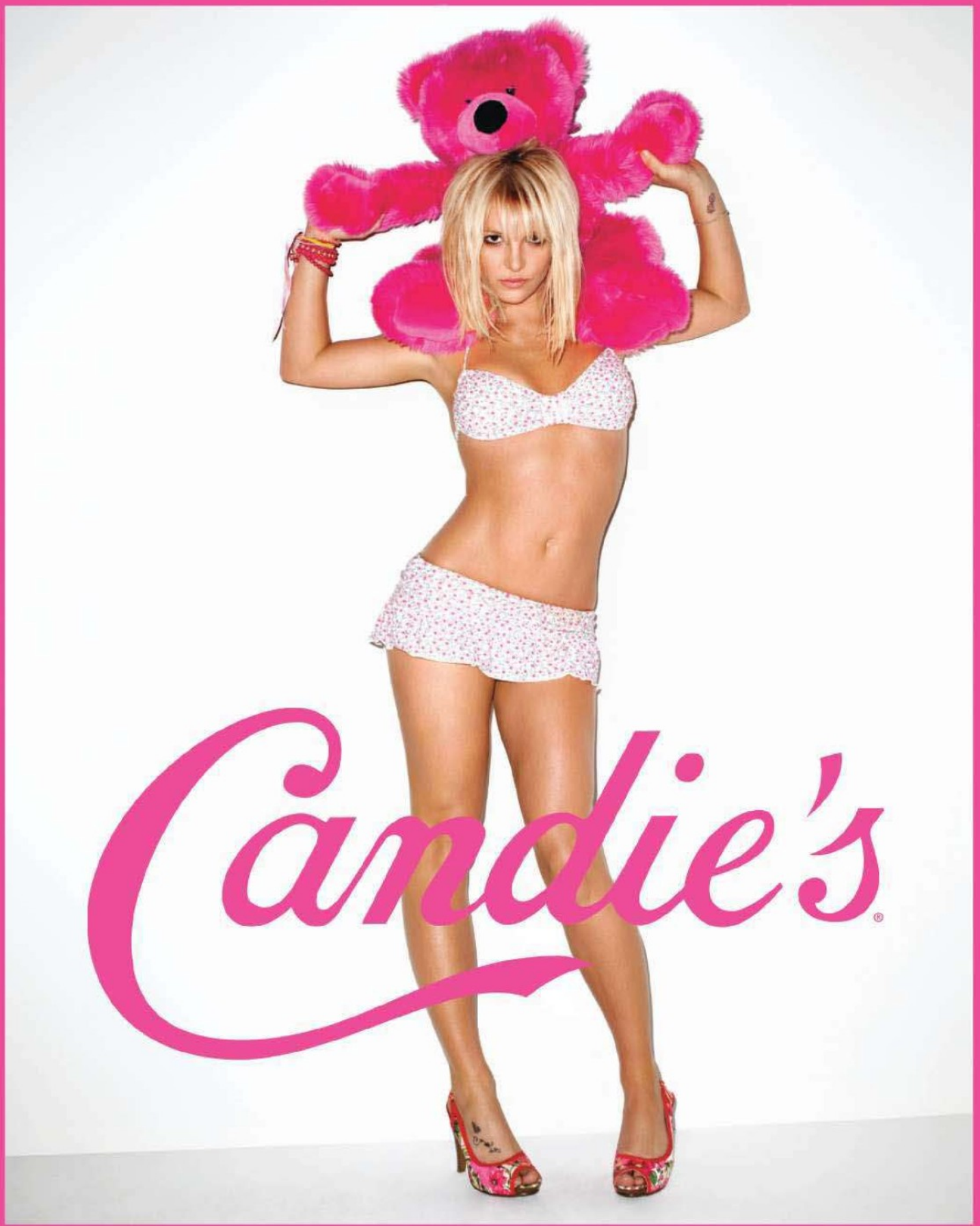
BRITNEY THROUGH THE LENS OF ANNIE LEIBOVITZ



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BRITNEY THROUGH THE LENS OF TERRY RICHARDSON



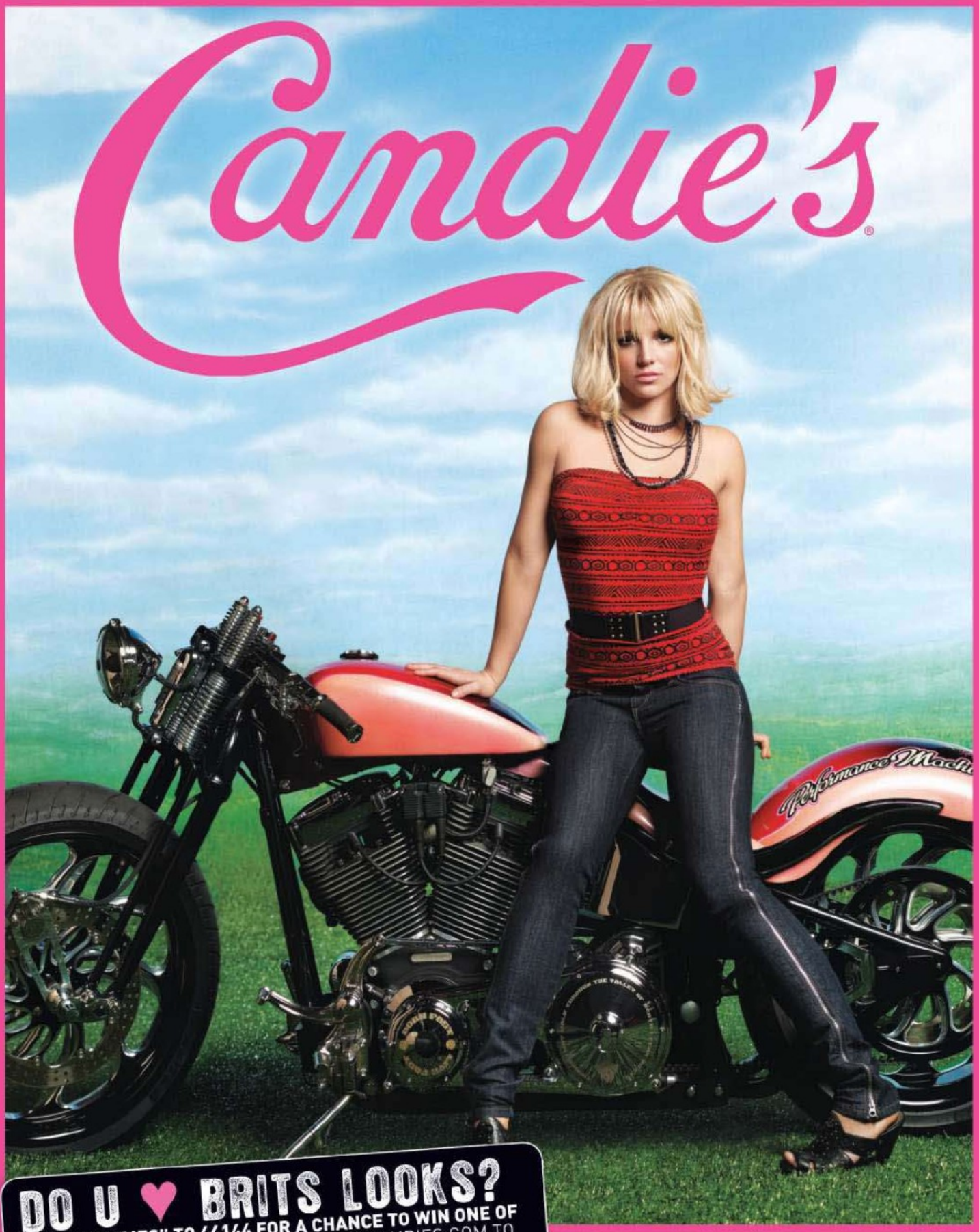
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kohls.com/candies

Outfit Instore May 2010

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Erin Wasson x RVCA

sweater
Sizes 2–12, H&M, $30, H&M stores.
shorts
Sizes 1–13, Dollhouse, $34, dollhouse.com.
earrings
ShopTheLook.net, $18, shopthelook.net.
bracelet
The Limited, $30, The Limited stores.
ring
Lulu's, $8, lulus.com.
belt
Forever 21, $10, select Forever 21 stores.
socks
Hue, $6, Macy's.
shoes
Sizes 6–11, BCBGeneration, $89, Macy's.

MAIN PHOTOS: CHRIS ECKERT/STUDIO D. SITTINGS EDITOR: BETSY MULLINIX. HAIR: TYLER LASWELL FOR TRESEMMÉ/CONTACTNYC.COM. MAKEUP: THORA AT KATE RYAN INC., FOR MAC COSMETICS. STILL LIFES: JESUS AYALA/STUDIO D. STILL LIFES STYLIST: CLAIRE TEDALDI FOR HALLEY RESOURCES. RUNWAY PHOTOS: (ERIN WASSON X RVCA) THOMAS CONCORDIA/WIREIMAGE; (D&G) CHRIS MOORE/CATWALKING/GETTY IMAGES.

WHAT TO WEAR NOW:

BLEACHED DENIM

Swap your plain Jane jeans and give this bold trend a try. Just pair it with quieter neutrals, so the denim is the style star—and you will be too!

Shop on your iPhone or iPod touch!



See more cute trends on the *Seventeen* Fashion Finder, our new iPhone app! Download it for free on iTunes!

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sneakers
Sizes 5–11, Keds, $40, keds.com

skirt
Sizes 0–9, Vanilla Star Jeans, $20, Wet Seal stores

jeans
Sizes XS–L, Future Heretics, $80, futureheretics.com

jacket
Sizes XS–XL, Vanilla Star Jeans, $34, Wet Seal stores

shirt
Sizes S–L, Diesel, $45, Diesel stores.

jeans
Sizes 0–13, Machine Jeans for Wet Seal, $35, select Wet Seal stores.

scarf
H&M, $10, H&M stores.

bracelets
Abbey Dawn, $14 for set of four, Kohl's.

shoes
Faryl Robin.

bag
Lulu's, $36, lulu's.com

vest
Sizes XS–L, Almost Famous, $36, JCPenney

heels
Sizes 5–11, Dollhouse, $60, dollhouse.com

SEVENTEEN.COM Rate celebs' best and worst denim looks at seventeen.com/loveit.

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See more cute trends on the *Seventeen* Fashion Finder, our new iPhone app! Download it for free on iTunes!

total looks for less!

$20 & UNDER

With these super-cute steals, it's like getting two whole outfits for the price of one!

FOR SCHOOL



$15
shirt
Sizes S–L, Say What?, $15, saywhatny.com

$20
necklaces
Target, $20 each, select Target stores

$6
belt
H&M, $6, H&M stores



$7
bangles
Forever 21, $7 for set of three, select Forever 21 stores

bag
Old Navy, $20, Old Navy stores

$20





$14
jeans
Sizes 1–17, Op, $14, Walmart stores



$17
sneakers
Sizes 5–13, Payless, $17, Payless ShoeSource stores

style tip:
Punch up jeans and a tee with a bright bag and lots of metallic jewelry for a cooler version of a comfy classic!

FOR A PARTY



$20
dress
Sizes S–L, JCPenney, $20, JCPenney

$15
bag
H&M, $15, H&M stores

$8
cuffs
Urban Original, $8 each, urbanog.com

$16
leggings
Forever 21, $16, select Forever 21 stores



$15
sandals
Sizes 5–13, Payless, $15, Payless ShoeSource stores

style tip:
Layer lacy leggings under a short dress for a look that's flirty and sexy—but not trashy!

STILL LIFES: JESUS AYALA/STUDIO D. STILL LIFES STYLIST: MIA KATOH.

SEVENTEEN.COM Check out the new stuff on sale at *your* mall at seventeen.com/sale.

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JOURNEYS.COM

CONVERSE

the best new bags

Your bag goes *everywhere* with you—so skip boring black and try one of these hot trends. They make any outfit more fun!



cutout

bag Jessica Simpson Collection, $118, jessicasimpsoncollection.com.
jacket Sizes S–XL, I Heart Ronson for JCPenney, $30, JCPenney.
dress Sizes XS–XL, O'Neill, $50, oneill.com.
shoes Sizes 35–40, H&M, $35, H&M stores.

cross-body

bag Nine West, $79, Nine West stores.
romper Sizes S–L, Lulu's, $34, lulus.com.
scarf Lulu's, $14, lulus.com.
sandals Sizes 5½–11, Xhilaration, $20, select Target stores.

wristlet

bag Poppy by Coach, $68, Coach boutiques.
dress Sizes XS–L, DKNY Jeans Juniors, $59, Macy's.
belt Lulu's, $9, lulus.com.
shoes Sizes 36–41, Spring Shoes, $70, myspringshoes.com.

oversize

bag Vans, $25, Journeys stores.
hoodie Sizes XS–XXL, American Eagle Outfitters, $30, ae.com.
jeans Sizes XXS–XL, Denimocracy, $80, Dillard's.
sandals Sizes 5½–11, Report, $70, Macy's.

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ON ANDIE: (PALE) NECKLACE, M. HASKELL; BELT, JESSICA SIMPSON; BRACELETS, ALL URBAN ORIGINAL; (BACKPACK) SUNGLASSES, FOSTER GRANT; NECKLACE, FOREVER 21; (MESSENGER) HEADBAND, FOREVER 21; NECKLACES, ALL M. HASKELL; BANGLES, ALL LULU'S; (TIE-DYE) HAT, TARGET; NECKLACE, LULU'S; RHINESTONE BRACELET, FOREVER 21; GOLD BRACELET, SAY WHAT?

pale

bag Topshop, $70, topshop.com.
cardigan Sizes S–XL, Absolutely, $30, windsorstore.com.
t-shirt Sizes XS–L, Wildfox Couture, $64, wildfoxcouture.com.
skirt Sizes 2–12, H&M, $25, H&M stores.
shoes Sizes 6–11, Seychelles, $80, seychellesfootwear.com.

backpack

backpack Lesportsac, $68, Lesportsac boutiques.
top Sizes XS–XXL, Old Navy, $25, Old Navy stores.
leggings Sizes XS–L, Forever 21, $14, select Forever 21 stores.
heels Sizes 5½–10, AMI Clubwear, $14, amiclubwear.com.

messenger

bag American Eagle Outfitters, $20, ae.com.
dress Sizes S–L, Lulu's, $26, lulus.com.
t-shirt Sizes XS–XXL, Old Navy, $15, Old Navy stores.
sandals Sizes 6–10, Olsenboye, $20, JCPenney.

tie-dye

bag Imoshion, $72, baghaus.com.
cardigan Sizes XS–XL, DC, $46, dcshoes.com.
tank Sizes S–XL, Mandee, $14, Mandee stores.
jeans Sizes 24–31, People's Liberation for Charlotte Russe, $99, charlotterusse.com.
flip-flops Sizes 6–10, MIA, $59, Dillard's.

SEVENTEEN.COM Find out what your purse says about you at seventeen.com/quizzes.

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Strike the perfect balance between sexy and fun with this peplum skirt by **Bisou Bisou for JCPenney**!



WHY IT'S SO HOT:

1. This shape equals **instant flirtiness**—the pencil cut highlights your legs while the ruffle hits at your hips for a sexy oomph.
2. The **sleek tailored** fit and stitching at the top make it more special than your average jean skirt.
3. You can **pair it with anything** from a white tee to a lacy going-out top!

skirt
Sizes XS–XL, Bisou Bisou for JCPenney, $30, JCPenney

Dark denim never looked sexier!

SEVENTEEN.COM See how to accessorize this skirt at seventeen.com/styleblog.

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make it work for you!

Everybody needs the same basics, but the basics aren't the same for every *body*. Here are the pieces that will show off *your* shape best!

little black dress



TALL

Short tiers on a strapless dress fill out your frame (so you don't look lanky) without hiding your shape!

TRY THIS
Sizes 00–18, American Eagle Outfitters, $60, ae.com

CURVY

A fitted zip-front hugs your cute curves and lets you choose how low your V-neck will go.

TRY THIS
Sizes XS–L, DKNY Jeans Juniors, $69, Macy's

PETITE

A belted peplum defines your waist and creates a sexy hourglass shape.

TRY THIS
Sizes XS–L, BCBGeneration, $68, Lord & Taylor

mariela, 18 sonia, 16 olena, 19

REAL GIRL PHOTOS: CHRIS ECKERT/STUDIO D. SITTINGS EDITOR: BETSY MULLINIX. HAIR: TYLER LASWELL FOR TRESEMMÉ/CONTACTNYC.COM. MAKEUP: JENNA MENARD FOR DIOR BEAUTY. ON MARIELA: HEADBAND, NEW YORK NAT; EARRINGS, CLAIRE'S; HEART CHARM BRACELET, EXPRESS; LADY PENDANT CHARM BRACELET, LULU'S. SHOES, ZIGI. ON SONIA: EARRINGS, STYLIST'S OWN; STUDDED BRACELET, LULU'S. GOLD BANGLES, ALL CHARLOTTE RUSSE; RING, HER OWN. ON OLENA: EARRINGS AND PURPLE BELT, STYLIST'S OWN; SHOES, CHRISTIAN SIRIANO FOR PAYLESS.

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khakis



PETITE

Slouchy cargos
give you a cute, curvy look. And when you roll them up and add heels, they make you seem taller too!

TRY THESE
Sizes 00–13/14, Aéropostale, $40, Aéropostale stores

TALL

A cropped fit
shows off your long legs, letting you pull off the volume of a trendy paper-bag waist.

TRY THESE
Sizes S–L, Mavi, $68, mavi.com

CURVY

A trouser shape
creates a straight line from hip to ankle for a sleek look.

TRY THESE
Sizes 27–32, Mavi, $68, mavi.com

ON OLENA: TOP AND NECKLACE, BOTH LULU'S; BANGLES, ALL FOREVER 21; SHOES, CARLOS BY CARLOS SANTANA. ON MARIELA: TOP, DC; EARRINGS, AMI CLUBWEAR; SQUARE BRACELET, CUTESYGIRL; BANGLES AND RING, ALL STYLIST'S OWN; SHOES, MIA. ON SONIA: TANK, DKNY JEANS; EARRINGS, CHARLOTTE RUSSE; CUFF, URBAN ORIGINAL; SHOES, JCPENNEY.

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denim shirt

TALL

An oversize fit works like a jacket, but when you pair it with a minidress, you still get to show off your legs!

TRY THIS
Sizes 2–12, Topshop, $60, topshop.com

CURVY

Puff sleeves add volume on top to balance your curves on bottom. They also make your waist look tiny!

TRY THIS
Sizes XS–L, Dollhouse, $28, dollhouse.com

PETITE

A pleated tunic enhances your bust and nips in your middle (and over leggings, it will make your legs look miles long).

TRY THIS
Sizes XS–L, Almost Famous, $30, Charlotte Russe stores

ON MARIELA: DRESS, EXPRESS; HEADBANDS, GIRLPROPS; NECKLACES, ALL STYLIST'S OWN; BRACELET, FOREVER 21; SHOES, OLSENBOYE.
ON OLENA: PANTS, BABY PHAT; EARRINGS, LULU'S; WATCH, STORM; RING, T.J. MAXX. ON SONIA: SKIRT, SAY WHAT?; EARRINGS, AMI CLUBWEAR; BELT, FOREVER 21; SHOES, GAP.

SEVENTEEN.COM Get personalized style advice from the pros at seventeen.com/getadvice.

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Spring is here!

From girly to classic, artsy to boho, the ***Seventeen* Fashion Finder** iPhone App can help you find the perfect pieces for Spring.

Check out **tons of dresses, tops, bottoms and accessories**— then find them at a store near you.

Plus, get the exclusive scoop on **Nina Dobrev's picks** for the new season.

Prom Shopping Has Never Been Easier!

Download the new **TeenPROM App** (from the publishers of *Seventeen*) for inspiration and ideas for the best prom ever. Search through super-hot short dresses, Hollywood hairstyles and fresh makeup looks, then save your faves. You can even share them with friends. Plus, Ashley Greene spills her red carpet secrets and more in exclusive behind-the-scenes videos from her covershoot.



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Available on the App Store

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insider swimwear secrets!

Dive into your spring break in style—here's all the hottest swimsuit news.



felisha, 20

MUST-BUY

VICTORIA'S SECRET PINK

This season, VS PINK is all about bold prints you can mix and match—perfect for packing light on vacation!—and as a special deal just for *Seventeen* readers, you get $5 off!

graphic bikini
Sizes XS–L, Victoria's Secret PINK, $29 each piece, vspink.com

ONLY IN *seventeen*

$5 OFF PINK
VICTORIA'S SECRET

$5 off a Victoria's Secret PINK Swim Purchase. Valid from March 1, 2010, to April 5, 2010. Present this coupon at checkout and receive a reduction on your purchase price of a PINK swim top or bottom. Limit one $5 off offer per customer. This page must be presented and surrendered at time of purchase. Not valid on Victoria's Secret swim product. Not valid on previous purchases, Victoria's Secret Catalogue, or victoriassecret.com purchases, or in conjunction with any other offer. Not valid at Victoria's Secret Outlet or Canada store locations. Offer is nontransferable, has no cash value, and is valid for one-time purchase only. Not valid on clearance merchandise or previous purchases, or with any other coupon, discount, special offer of the purchase of a gift card. May not be redeemed for cash. Offer's value will not be refunded on any merchandise returns. Reproductions of this page will not be accepted. No substitutions. Associates of Victoria's Secret and its affiliates are not eligible.

cool new line

EXPRESS

You already love their glam clothes. Now you can get that same vibe at the beach with bikinis from **express.com**!



triangle-top bikini
Sizes XS–L, Express, $30 each piece, select Express stores

halter bikini
Sizes XS–L, Express, $30 each piece, select Express stores

string bikini
Sizes XS–L, Express, $25 each piece, select Express stores



bandeau bikini
Sizes XXS–XXL, American Eagle Outfitters, $25, ae.com



more sizes!

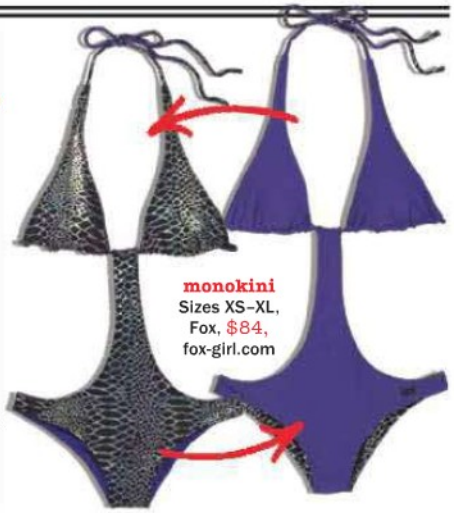
AMERICAN EAGLE OUTFITTERS

While most stores carry only sizes S to L, **ae.com** offers their cute suits in XXS to XXL, so you can find *your* perfect fit!

2 suits in 1

FOX

The cutout one-pieces in Fox's new swim line are reversible—so you get two completely different beach looks at half the price!



monokini
Sizes XS–XL, Fox, $84, fox-girl.com

SEVENTEEN.COM Get celeb swimwear inspiration at seventeen.com/swim for more tktk!

REAL-GIRL PHOTO: SARRA FLEUR ABOU-EL-HAJ/STUDIO D. SITTINGS EDITOR: BETSY MULLINIX. HAIR AND MAKEUP: ERICA WHELAN FOR MAC COSMETICS. ON FELISHA: CARDIGAN AND BAG, BOTH VICTORIA'S SECRET PINK; FLIP-FLOPS, HAVAIANAS. STILL LIFES: JESUS AYALA/STUDIO D. STILL LIFES STYLIST: CLAIRE TEDALDI FOR HALLEY RESOURCES.

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NYC celebrity makeup artist Mathew Nigara shares his secrets for irresisitible looks.

Model is wearing In A New York Color Minute Nail Polish Park Avenue, IndividualEyes Custom Compact Bryant Park, Extreme Lip Glider Lip Gloss Plaza Punch, Blushable Creme Stick Big Apple Blush. *Prices may vary.

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NYC

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spring's coolest shades

High style doesn't have to come with a high price tag. You'll look *haute* in these sunglasses—all **$20 and under**!

A pop of color brightens up your whole look!



oversize
AMI Clubwear, $6, amiclubwear.com



aviator
AJ Morgan, $11, alloy.com

vest
Sizes XS–L, Almost Famous, $36, JCPenney



butterfly
Lulu's, $8, lulus.com



neon
Girlprops, $10, girlprops.com



tortoiseshell
AJ Morgan, $11, alloy.com

masha, 17



shield
H&M, $7, H&M stores



retro
Fred Flare, $11, fredflare.com

Two-toned frames are huge this season!



modern wayfarer
Fantas-Eyes, $18, fantas-eyes.com

SEVENTEEN.COM Find the perfect sunglasses for your face shape at seventeen.com/sunglasses.

REAL GIRL PHOTOS: CHRIS ECKERT/STUDIO D. SITTINGS EDITOR: BETSY MULLINIX. HAIR: TYLER LASVELL FOR TRESEMME/CONTACTNYC.COM. MAKEUP: ELAINE MADELON FOR NARS. ON MASHA: (OVERSIZE) DRESS: VICTORIA'S SECRET PINK; TEE: SOFFE; (AVIATOR) TANK: AMERICAN EAGLE OUTFITTERS; EARRINGS: LULU'S; (BUTTERFLY) DRESS: O'NEILL; EARRINGS: LULU'S; (TORTOISESHELL) DRESS: O'NEILL; NECKLACES: ALL LULU'S; (MODERN WAYFARER) STRIPED TANK: O'NEILL; LACE TANK: AMERICAN EAGLE OUTFITTERS; (RETRO) TANK: JOE'S; EARRINGS: FOREVER 21; NECKLACES: SARAH CHLOE; (SHIELD) DRESS: O'NEILL; EARRINGS: CLAIRE'S; (NEON) VEST: CELEBRITY PINK; RING: HER OWN.

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7 days of style

Don't stress about getting dressed! Steal some easy outfit ideas from the ultimate casual-cool girl, Lauren Conrad.



monday

BLAZER + SKIRT

Make a **button-down** and a **blazer** more fun with a pretty **lacy mini.** The heels work for an interview, but swap in sandals for school!

tuesday



TUNIC + LEGGINGS

A loose **long-sleeved top** classes up **liquid leggings.** You'll look cool and feel comfy!

wednesday



MINI + FLATS

Change up your tee-and-jeans look with a **short skirt.** It works for school with sweet **ballet flats.**

thursday



PLAID + PLATFORMS

For a look that's ready for spring, update a **fall plaid** and **leggings** with **tall strappy platforms**!

friday



BLACK DRESS + HEELS

A **short flowy dress** is sexy in an unexpected way—especially with **killer shoes** and great makeup.

saturday



DRESS + STUDDED BELT

A **bright printed dress** will get you noticed on a night out—with a **studded belt,** it's flirty with an edge.

sunday



WHITE TEE + JEANS

Look casual but not sloppy in **skinnies, a classic belt,** and an always-in-style **white tee.**

CONRAD, CLOCKWISE FROM LEFT: STEFANIE KEENAN/WIREIMAGE; MICHAEL N. TODARO/FILMMAGIC; SAM SHARMA/MAX BUTTERWORTH; CHARLEY GALLAY/WIREIMAGE; MADISON/X17ONLINE.COM; JOHN SHEARER/WIREIMAGE (2).

SEVENTEEN.COM See how Lauren's style has changed since high school at seventeen.com/makeover

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Outsmart Mother Nature

TAMPAX



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See more cute trends on the *Seventeen* Fashion Finder, our new iPhone app! Download it for free on iTunes!

trend to try

Leather + Floral

Even the sweetest girls want to flaunt a flirty edge. This cool combo lets you rock both sides of your personality.



Shenae Grimes



Rihanna



Leighton Meester



jacket Sizes S–L, Jou Jou, $40, bonton.com.
leggings Sizes S–L, Say What?, $14, Mandee stores.

Rosette leggings and a white shirt look cool and classic with a leather bomber.



A floaty romantic dress gets a body-hugging update with a super-wide leather belt.

dress Sizes S–L, Johnny Martin, $50, getthatstyle.com.
belt Forever 21, $13, select Forever 21 stores.



Miley Cyrus



Glam up a sweet romper with spiky heels. Bonus: They'll make your legs look amazing!

romper Sizes S–XL, Jolt, $38, joltstyle.com.
shoes Sizes 6–10, Rampage, $49, Macy's.

SEVENTEEN.COM Do you have the best style? Find out at seventeen.com/stylewar

STILL LIFES: JESUS AYALA/STUDIO D. STILL LIFE STYLIST: MIA KATOH. GRIMES: JASON LAVERIS/FILMMAGIC. CYRUS: ICE/X17ONLINE.COM. MEESTER: ELIOT PRESS/BAUERGRIFFINONLINE.COM. RIHANNA: CWNY/FAME PICTURES. ADDITIONAL FASHION CREDIT: WHITE BUTTON-DOWN SHIRT, OLD NAVY.

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Exclusive

301 SIERRA

Whether you're headed to the beach or the street, the Rainbow 301 premier leather sandal fits perfectly anywhere you go.

MAKENA

Comfortable and cute, preppy meets cool - The Roxy Makena will be a versatile addition to your Spring wardrobe.

Exclusive

ULTIMATE 81

When you want that sporty look, the Ultimate 81 is fun to wear, comfortable and ideal for almost any occasion.

BAHAMA

Heading to the mall? Lounging with friends? Whatever your passion, the ultra comfy Bahama in Purple Leopard is sure to make you the envy of everyone.

Exclusive

Dr. AirWair Martens · RAINBOW SANDALS · ROXY · Onitsuka Tiger · SPERRY TOP-SIDER

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LITE BRITE

You won't need to turn on the lights to catch the radiance of the Lite Brite from Not Rated. This distinctively fresh sandal, which includes a myriad of textures and colors, will set you apart from the rest.

not rated

DARLING

You'll be ready for anything in this must-have Zigi Soho Darling. This versatile sandal with cute braided and silver detailing is effortlessly chic.

Exclusive

Zigisoho

SATIRE

Flaunt your style with the smart and eco-friendly Satire Ribbon by Simple. This snazzy hemp sneaker with recycled PET grosgrain laces is a must have for spring.

Simple
shoes for a happy planet™

NYC 83 SLIM

Downtown hip meets uptown chic in this classic throwback style. The Osiris NYC 83 Slim is the perfect choice - whether you are kicking around the city during the day or hitting the scene at night.

Exclusive

OSIRIS

CHAMPION

Let your inner fashionista shine with these must-have bright colors for Spring. Tonal matching and a laceless style make this Keds Champion a wardrobe essential for any woman!

Exclusive

Keds

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find your best date look!

The perfect outfit is cute and playful—just like you! Steal some ideas from girls who created styles that *no* guy could resist.



Our Fashion Van pulled up to Leisure Time Bowl in New York, NY, and unloaded racks of clothes, so these girls could score their best date looks ever!





rack attack! Isadora, 16, has fun looking through a million top options!

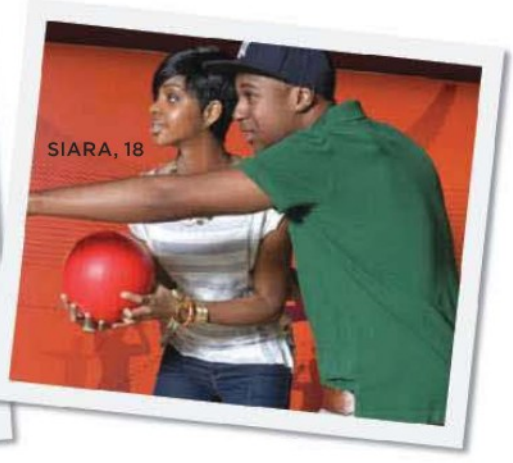
tee
Sizes S–XL, US Blanks, $21, shopflick.com.
skirt
Sizes S–L, AMI Clubwear, $30, amiclubwear.com.
heels
Sizes 6–10, Guess, $90, Macy's.



"I wanted an outfit to give me instant confidence! The zip skirt is girly, while the jewelry is sophisticated."
-STACEY, 17



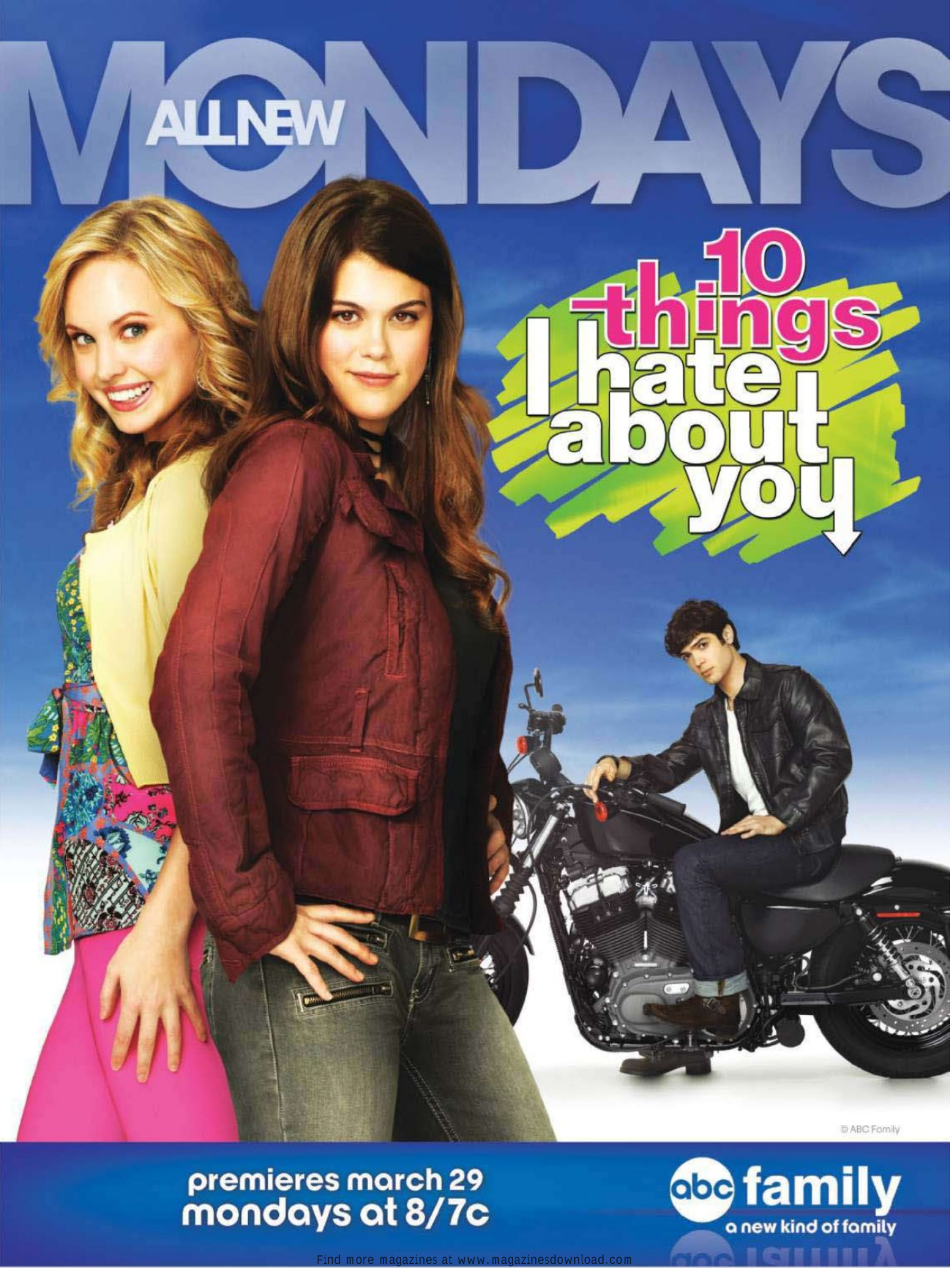
CHLOE, 16
All the girls got CoverGirl makeovers!



SIARA, 18

REAL-GIRL PHOTOS: DIANA SCHEUNEMANN. SITTINGS EDITOR: BETSY MULLINIX. HAIR: TYLER LASWELL FOR TRESEMMÉ/CONTACTNYC.COM. MAKEUP: THORA AT KATE RYAN INC., FOR MAC COSMETICS. ON STACEY: NECKLACE, CHARLOTTE RUSSE; ORANGE AND SILVER BANGLES, LULU'S; RED, GOLD, AND BLACK BANGLES, FOREVER 21; CLUTCH, BETSEY JOHNSON.

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mad for plaid
Samantha, 17, tried on tons of printed dresses before settling on a cool solid.

hoodie
Sizes XS–XL, Alo, $72, Nordstrom.
shirt
Sizes XS–XL, Fox, $28, fox-girl.com.
leggings
Sizes S–L, Lulu's, $22, lulus.com.
belt
Express, $35, select Express stores.
shoes
Sizes 6–10, Charlotte Russe, $25, charlotte russe.com.

"I saw that Rihanna had worn leggings like these, and I wanted to add that fashion-y feel to my hoodie-and-tee look."
–ANDREA, 16

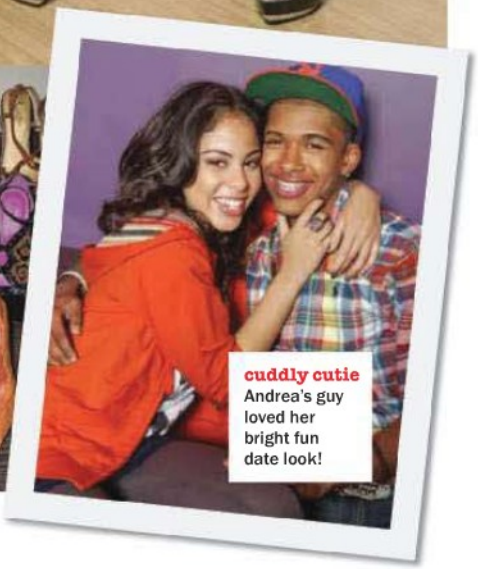


blazer
Sizes S–XL, Apostrophe, $60, Sears.
dress
Sizes S–L, AMI Clubwear, $30, amiclubwear.com.
heels
Sizes 5½–10, Urban Original, $30, urbanog.com.

"I usually go crazy with accessories, so I chose this dress and blazer—the look is simple enough that I can do things like wear gray footless tights for an edgier vibe."
–SAMANTHA, 17



You need hot shoes for a hot date!



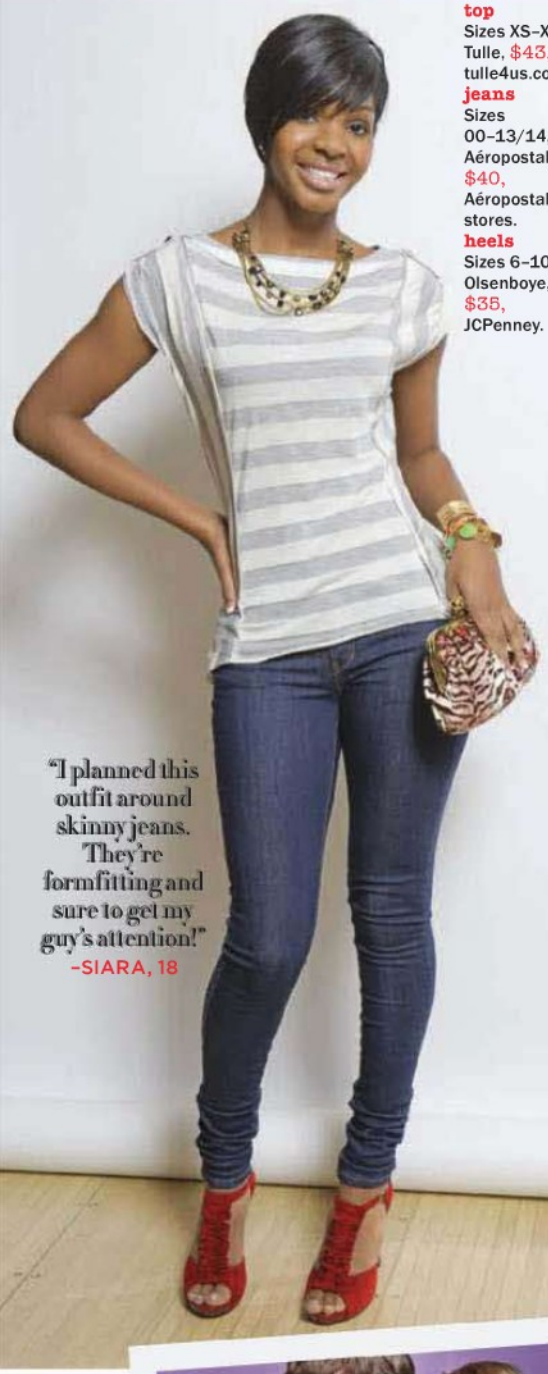
cuddly cutie
Andrea's guy loved her bright fun date look!

ON SAMANTHA: NECKLACE, LULU'S; TIGHTS, HUE. ON ANDREA: NECKLACE, THE LIMITED; RING, STYLIST'S OWN.

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top
Sizes XS–XL, Tulle, $43, tulle4us.com.
jeans
Sizes 00–13/14, Aéropostale, $40, Aéropostale stores.
heels
Sizes 6–10, Olsenboye, $35, JCPenney.

"I planned this outfit around skinny jeans. They're formfitting and sure to get my guy's attention!"
–SIARA, 18





blazer
Sizes S–L, Mandee, $28, Mandee stores.
shirt
Sizes XS–XL, Martin+Osa, $70, martinandosa.com.
leggings
Sizes XS–XXXL, Baby Phat by Kimora Lee Simmons, $49, babyphat.com.

"I started with a blazer because it makes anything look chic. Then I added a boho top and leggings to be flirty but casual."
–ISADORA, 16

"I'm into ruffles, but I'm not super-girly, so I added this leather jacket. I wanted to be approachable without losing my edge."
–CHLOE, 16



jacket
Sizes XXS–L, Obey Clothing, $98, shop.obeyclothing.com.
dress
Sizes S–L, Fleurish, $25, Macy's.
heels
Sizes 5½–10, Chinese Laundry, $129, chineselaundry.com.



"I like that this romper is flirty and cute and that it shows off my legs. And with the little tee underneath, it isn't *too* provocative."
–ELLIE, 16

romper
Sizes XS–XL, O'Neill, $46, oneill.com.
tee
Sizes S–XL, Arizona by JCPenney, $6, JCPenney.
heels
Sizes 5½–10, Urban Original, $25, urbanog.com.

ON SIARA: NECKLACE, LULU'S; GOLD CUFF, FOREVER 21; GREEN BRACELET, STYLIST'S OWN; RED AND GOLD BANGLE, JCPENNEY; CLUTCH, FOR MINE. ON ISADORA: NECKLACE, MANDEE; RED AND GOLD BRACELETS, FOREVER 21; JELLY CHARM BRACELETS, JCPENNEY; RING, FRED FLARE. ON CHLOE: WOODEN BRACELETS, LULU'S; GOLD BRACELETS, FOREVER 21; RED AND GOLD BANGLE, JCPENNEY; RING, STYLIST'S OWN. ON ELLIE: NECKLACE, ABS.

SEVENTEEN.COM See what these girls' dates *really* thought about their outfits at seventeen.com/van.

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BLAST INTO

***Seventeen* Beauty Smartie, Cindy**, shows you how to be fashionably beautiful with the hottest **COVERGIRL** products for spring, inspired by the styles of the ***Seventeen* Fashion Van**.

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A fresh face is always in style and COVERGIRL Clean Makeup keeps your skin looking and feeling fresh with a lightweight formula that lets skin breathe and doesn't feel heavy.



FLAWLESS SKIN FIRST

Choose the Clean formula that's right for you: Normal, Oil-Control, or New Sensitive.
Apply to your cheeks with a foundation brush and blend outwards for even coverage.
Pair your "Fresh and Flawless Skin" with your favorite Fashion Van look:

- Girly: Pastel Florals
- Classic: Fitted Pieces
- Artsy: Colorful Layers

PLAY WITH COLOR

Update the classic Smoky Eye look for spring with New COVERGIRL Smoky ShadowBlast sticks. The six colorful shade duos with specially shaped ends make application a breeze for a colorful smoky eye to ease you into spring.



BRIGHTEN YOUR LOOK

Select one of the six Smoky ShadowBlast shades that best suits your favorite Fashion Van look:

- Girly: Smoky ShadowBlast in "Purple Plume"
- Classic: Smoky ShadowBlast in "Silver Sky"
- Artsy: Smoky ShadowBlast in "Citrus Flair"

Sweep the base color on the rounded end of the shadow stick over your entire lid.
Apply the darker shade on the angled end in your crease and blend.
Line top lash line with the angled end for an even bolder colorful statement.

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SPRING!

GOLONGER

Get dramatically long lashes with New COVERGIRL LashBlast Length Mascara. It's unique elasta-nylon formula lets lashes flex without flaking for a no-flake lash look.



LASH OUT

Apply LashBlast Length in "Very Black" to top lashes by starting at the root of lashes and wiggling back and forth.
Move the wand from root to tip as you wiggle back-and-forth to coat lashes completely.
Add drama by applying a second coat to the tips of top lashes for even bolder lengthy lashes.

SHINEON

Complete your favorite Fashion Van look with glossy, defined lips from New COVERGIRL ShineBlast Lipgloss. It has light-reflecting shimmer layered under a high-gloss finish for lips with 4x more noticeable shine.*

**vs. bare lips.*



DEFINE YOUR SHINE

Choose the ShineBlast shade that best complements your favorite Fashion Van look:
- Girly: Pale Pink Shades – Try "Aglow"
- Classic: Red Shades – Try "Ignite"
- Artsy: Nude Shades – Try "Ember"

Open your mouth slightly and say "oh" before applying to ensure full coverage on your lips.
Sweep the ShineSculpt applicator, which hugs the curves of your lips, across the top and bottom lips for a sculpted, high-gloss pout.
Smile...the best accessory for any look!

Go to **facebook.com/17actionista** to view Cindy's step-by-step video on how to use COVERGIRL™ products to get the Fashion Van look.



ENTER THE COVERGIRL "BLASTINTOSPRING!" SWEEPSTAKES

Go to **seventeen.com/covergirl** to enter for a chance to win a $500 shopping spree, plus COVERGIRL products!

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lips sculpted and defined
with a blast of shimmer behind the shine

new shineblast with 4X more noticeable shine!*

Introducing **shineblast** – new lip sculpting gloss. Get light-reflecting shimmer, layered under a high gloss finish. Plus, a new makeup artist-inspired applicator, the ShineSculpt,™ hugs the curves of your lips. Get shimmer behind the shine. With shineblast. easy breezy beautiful COVERGIRL

Take beautiful back: Match your department store shade for less @ covergirl.com

Drew Barrymore is wearing ShineBlast in Fire. *vs. bare lips



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THE CUTEST CUTS EVER

Get ready to love your hair this spring. Just snip out your favorite celeb-inspired cut and show your stylist how to make it work for you. BY heather muir

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THE CUT:

long mermaid

Flaunt a mermaid-inspired look with super-long, flowy waves à la Miley.



try: Sally Hershberger Style Primer for Wavy Hair, $13, ULTA stores

WHAT TO ASK FOR:

"Long blended layers so you maintain a lot of length but still have movement."

HOW TO STYLE IT:

For beachy texture, scrunch a wave-enhancing foam through damp strands, then blow-dry. Get pretty, rippled waves by using a waving iron. (It's like three curling irons in one that forms pretty waves!) Leaving the top of your hair smooth, clamp the iron on small sections starting at your chin, then move toward your ends. Run your fingers through your hair to give it that cool laid-back feel.


Miley Cyrus



try: Revlon 3 Barrel Waver, $20, target.com

MAKE IT WORK FOR YOUR FACE SHAPE

heart

You have a narrow chin, and your forehead is wider than your jaw.



Ask for lots of layers starting around your chin to balance your face shape.

oval

Your face is long, with a high forehead, and narrows near the chin.



Layers that hit your cheekbones create a rounder look.

square

You have a structured jawline that's about the same width as your forehead.



A side part with layers that start below the jawline softens square features.

round

Your cheeks are the widest point on your face, and your chin is round.



Fewer longer layers with a center part elongate your face.



Special thanks to celebrity hairstylist Sally Hershberger of Sally Hershberger Downtown in New York City for these amazing cuts!

MAIN PHOTOS: CHRIS ECKERT/STUDIO D. SITTINGS EDITOR: BETSY MULLINIX. HAIR: CELEBRITY HAIRSTYLIST SALLY HERSHBERGER AND HER STYLISTS JAMES VIDES, RODRIGO PADILLA, AND QUENTON BARNETTE OF SALLY HERSHBERGER DOWNTOWN IN NEW YORK CITY. MAKEUP: JENNA MENARD FOR DIOR BEAUTY. ON MODEL: TANK, LULU S.; EARRINGS, LUCKY BRAND. CYRUS: MIKE MARSLAND/WIREIMAGE. ILLUSTRATIONS: J. DAVID MCKENNEY/WWW.ILLOREPS.COM.

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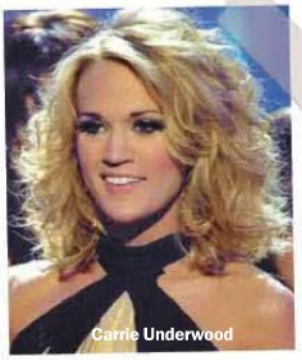
THE CUT:

bouncy bob

Play up your romantic side with a curly collarbone crop like Carrie's.

try: Remington Cool Style Hair Dryer in Flower Print, $20, Target stores





WHAT TO ASK FOR:

"Long sideswept bangs and soft layers that hit just below your shoulders."

HOW TO STYLE IT:

For bouncy curls, divide damp strands into four-inch sections, then blow-dry, styling with a round brush. The one below has an attached clamp, so you can easily roll sections from your ends to your scalp. Set the curl by using the cool-blast setting on your dryer for five seconds while keeping hair around the brush. Once you've finished drying, flip your head over and blast your dryer at your roots for extra volume.

try: Parlay Brush, $52 for medium size, parlaybrush.com



MAKE IT WORK FOR YOUR FACE SHAPE

heart



oval



square



round



ON MODEL: TANK, COLCCI; EARRINGS, CLAIRE'S; ORANGE NECKLACE, A.V. MAX; GOLD NECKLACE, LULU'S. UNDERWOOD: LESTER COHEN/WIREIMAGE.

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*vs. traditional cleansing in a clinical test

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THE CUT:

defined layers

Go sleek and sexy with a modern angled cut like Zoe's.





try: Salon by Sally Hershberger Luxe Layers Protective Blow Out Gel, $20, hsn.com



try: Conair Ultra Slim Ceramic Straightener, $35, drugstores

WHAT TO ASK FOR:

"Angled layers, just in the front, that start at your chin."

HOW TO STYLE IT:

Enhance layers by finger-combing a lightweight hair gel through damp strands. Create a part, then styling with a round brush, blow-dry hair, curving your brush under to make your layers stand out. Give your hair major definition by running over small sections with a flat-iron that has teeth—this two-in-one tool combs and defines your layers in one smooth move.

MAKE IT WORK FOR YOUR FACE SHAPE

heart

Layers that graze your cheekbones minimize the widest part of your face.



oval



Try layers that start at chin level to make your face rounder.

square



A side part and layers below your jawline soften the overall cut.

round

Light layers at the crown give height and a more oval shape to your face.



ON MODEL: TANK, C&C CALIFORNIA; EARRINGS, CLAIRE'S. SALDANA: SHAWN EHLERS/WIREIMAGE.

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THE CUT:

razored bob

Channel your inner rock star with an edgy bob like Jessica's.



try: TIGI Love, Peace & the Planet Eco Freako Cherry Almond Texturizer, $23, tigihaircare.com

WHAT TO ASK FOR:

"A piecey bob with choppy and textured ends."

HOW TO STYLE IT:

For a cool messy texture, let your hair air-dry, then use a clamp-free iron. Holding the iron vertically, wrap 2-inch sections of hair around the barrel, alternating directions each time you curl. (The one below comes with a glove, so you can wrap your hair around the iron without burning yourself!) Create hold and separation by rubbing a pomade in between your hands, then twisting small sections of hair.

try: Amika True Tattoo Clip-Free Curler, $130, folica.com

MAKE IT WORK FOR YOUR FACE SHAPE

heart



oval



square



round



SEVENTEEN.COM Try a new hairstyle every day of the month at seventeen.com/hairideas.

ON MODEL: TANK, LULU'S; NECKLACE, FOREVER 21. STROUP: JASON LAVERIS/FILMMAGIC.

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take your hair from GRRR to *great!*



Solve your most frustrating hair issues with these instant tricks and long-lasting tips.

BY heather muir

ANNOYING PROBLEM:

FRIZZY



FIX IT FAST!

To tame fuzzy spots, slick on a silicone serum. Rub a dime-size drop between your palms, then lightly coat hair starting at your ends—you'll smooth the hair cuticle and avoid grease overload.

try: Garnier Fructis Style Brilliantine Shine Glistening Drops, $4, drugstores



FIX IT FOREVER!

Frizz means your hair is dry—your locks are actually grasping for moisture from the air. Use a light hydrating treatment conditioner every day to repair and seal the cuticle for a smooth, healthy look.

try: Dove Daily Moisture Daily Treatment Conditioner, $5, drugstores

LIMP



Mist hairspray onto your comb to give teased hair extra staying power!

To revive flat hair fast, lift small sections of hair along your crown and use a rattail comb with tiny teeth to back-comb along your roots and boost volume.

try: Anti-Static Finishing Comb, $3, drugstores



Get crazy-full hair with a thickening treatment. Once a week, saturate dry hair with the product—leave on for 10 minutes, then rinse and shampoo. The collagen and proteins plump up the hair shaft.

try: Umberto Beverly Hills Collagen Pre-Shampoo Treatment, $10, target.com

SPLIT ENDS



Seal split ends by rubbing a pea-size bead of smoothing cream between fingers and gliding over any dry, brittle spots. This extra moisture adds instant shine.

try: Bumble and Bumble Brilliantine, $20, bumbleandbumble.com



Swap your regular shampoo for this treatment cleanser once a week to heal split ends and help revive hair damaged by heat or chemicals. Lather, then rinse, and follow with your usual conditioner.

try: Neutrogena Triple Moisture Split-End Mender Liquid Balm, $7, drugstores

OILY



If your hair gets oily midday—or after gym class—sprinkle a shampoo powder along your part and hairline to sop up any oil. Gently massage it into your scalp.

try: Ojon Rub-Out Dry Cleansing Powder, $24, Sephora stores



Control oil by washing with a clarifying shampoo once a week. Look for formulas that have peppermint—it works like an astringent to remove any gunky oil.

try: C.O. Bigelow Mentha Hair Mint-Infused Invigorating Shampoo, $12, bathandbodyworks.com

MAIN PHOTO: ONDREA BARBE. STILL LIFES: J MUCKLE/STUDIO D.

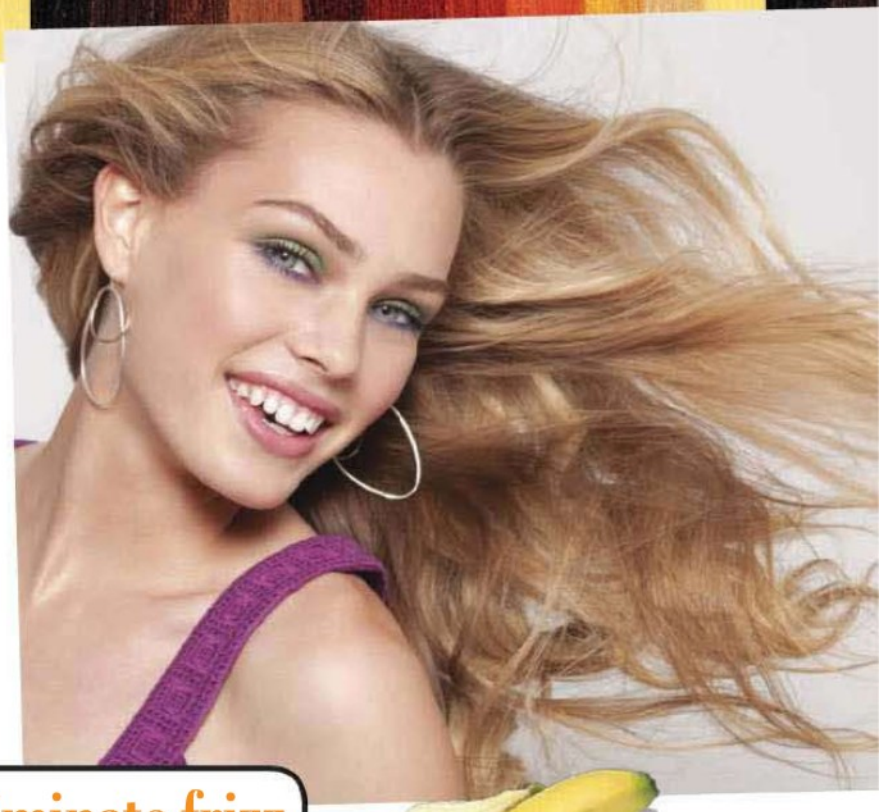
SEVENTEEN.COM Test out a new virtual hairstyle at seventeen.com/salon

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super foods for super hair!



If your hair is hungry for some TLC, feed it with these yummy recipes—then go for seconds! BY meredith gray



eliminate frizz

FRUIT SMOOTHIE

Potassium-rich bananas and cantaloupes help to soften rough strands, while a few drops of olive oil keep hair smooth.

- Mix 1 banana, ¼ cantaloupe (without the rind), 2 tbsp. yogurt, and 1 tbsp. olive oil together in a blender.
- Apply mixture to damp unwashed hair, and comb through from roots to tips.
- Allow it to sink in for 15 to 20 minutes, then rinse well. Shampoo and condition your hair, and style as usual.



boost your color



COFFEE RINSE

Coffee intensifies darker shades to make hair really shine! Soak your hair with this rinse for rich, dimensional color.

- Brew any type of plain nonflavored coffee and let it cool.
- Pour enough coffee over dry hair until hair is completely soaked, then comb through.
- Cover your head with a plastic shower cap and let the rinse set for 20 to 30 minutes.
- Rinse well, then shampoo. Give your hair a final rinse with cold water to maximize shine.



fix split ends

AVOCADO MASK

To strengthen brittle ends and repair damage, let moisturizing avocado and soothing honey go to work!



- Combine 1 can of coconut milk (it gives hair tons of shine!), 1 mashed avocado, and ¼ cup honey in a bowl.
- Slather the mixture on dry hair, focusing on split and damaged ends. Top with a plastic shower cap.
- Blast your hair with heat from your blow-dryer for 5 minutes, then allow the mask to soak in for an additional 30 minutes.
- Rinse well, but don't shampoo. Style as usual.

PHOTOS, CLOCKWISE FROM TOP RIGHT: SABINE LIEWALD (2); SONJA PACHO. STILL LIFES: (BANANA) BRIAN HAGIWARA; (CANTALOUPE) C SQUARED STUDIOS; (COFFEE BEANS) DAVIES AND STARR; (MUG) D. HURST/ALAMY; (AVOCADO) RONNIE KAUFMAN; (HONEY BEAR) PHILIP FRIEDMAN/STUDIO D.

17 EXPERTS: **Elad Bentov,** top stylist at Valery Joseph Salon in New York, NY; **Lisa Price,** founder of Carol's Daughter.

SEVENTEEN.COM Do you have your own amazing DIY treatment? Share it at seventeen.com/getadvice

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PROMOTION

Want to Get Skin Savvy for Prom?

When it comes to prom, clear skin is in!

The first step to feeling fabulous on prom night is getting your acne under control. Epiduo® Gel (adapalene and benzoyl peroxide) is a prescription acne treatment that can help reduce breakouts, so ask your doctor if Epiduo® Gel could be right for you.

Check out some prom-perfect skin care tips.

1. **Remember, acne products take time to work** so try starting your skin regimen as soon as possible before prom
2. **Since acne is a medical condition**, it's best to have a dermatologist determine your personal prom-perfect skin care regimen
3. **When picking out your prom makeup**, look for products labeled "non-comedogenic," which means they won't block your pores
4. **Stop stressing!** The day of prom, try breathing deeply or enjoying a relaxing activity like yoga



ENTER TO WIN!

Go to **seventeen.com/epiduo** and enter for the chance to **win the ultimate prom prize package**. One lucky **grand prize** winner will receive:

- Stylish jewelry, shoes and a clutch to perfect your prom look
- A prom consultation with a *Seventeen Style Pro* via phone or webcam
- A professional hair, makeup and nail session
- A pre-prom party for 10 friends including a photographer and limo for the big night

10 runners up will receive an elegant clutch, perfect for toting your prom essentials!

Epiduo®
(adapalene and benzoyl peroxide) Gel 0.1%/2.5%

Important Safety Information About Epiduo® Gel

Epiduo® Gel is indicated for the topical treatment of acne vulgaris in patients 12 years and older. The most common adverse events associated with use of Epiduo® Gel are redness, scaling, dryness, stinging and burning. In addition, you may also experience contact dermatitis and/or skin irritation. These side effects typically resolve during the first four weeks of treatment, but speak to your doctor if they persist. You should avoid excessive exposure to sunlight and sunlamps while using Epiduo® Gel, and using sunscreen products and protective clothing is recommended. Do not use irritating topical products that contain resorcinol, salicylic acid or sulfur when using Epiduo® Gel. Epiduo® Gel has not been tested in pregnant or nursing women, or with the elderly. Pregnancy Category C. Avoid applying to the eyes, lips and mucous membranes. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088. Please see Full Prescribing Information http://epiduo.com.

NO PURCHASE TO ENTER OR WIN. Epiduo "Want to Get Skin Savvy for Prom?" Sweepstakes. Sponsored by Hearst Communications, Inc. To Enter: Go to seventeen.com/epiduo beginning 12:01am ET on 2/23/10 through 11:59pm ET on 4/12/10 and complete and submit the entry form pursuant to the onscreen instructions. Odds of winning will depend upon the total number of eligible entries received. Must be 13-24 years of age and legal resident of the 50 United States and District of Columbia. Void in Puerto Rico and where prohibited by law. Sweepstakes subject to complete official rules available at www.seventeen.com/epiduo.

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EPIDUO™

Rx only

(adapalene and benzoyl peroxide) Gel 0.1% / 2.5%

For Topical Use Only
Not For Ophthalmic, Oral, or Intravaginal Use.

BRIEF SUMMARY

INDICATIONS AND USAGE

EPIDUO Gel is a combination of adapalene, a retinoid, and benzoyl peroxide, and is indicated for the topical treatment of acne vulgaris in patients 12 years of age and older.

CONTRAINDICATIONS

None.

WARNINGS AND PRECAUTIONS

Ultraviolet Light and Environmental Exposure: Avoid exposure to sunlight and sunlamps. Wear sunscreen when sun exposure cannot be avoided.
Erythema, scaling, dryness, and stinging/burning may occur with use of EPIDUO Gel.

ADVERSE REACTIONS

Observed local adverse reactions in patients treated with EPIDUO Gel were erythema, scaling, dryness, stinging, and burning. Other most commonly reported adverse events (≥1%) in patients treated with EPIDUO Gel were dry skin, contact dermatitis, application site burning, application site irritation, skin irritation.

DRUG INTERACTIONS

Exercise caution in using preparations containing sulfur, resorcinol, or salicylic acid, medicated or abrasive soaps and cleansers and products with high concentrations of alcohol or astringents in combination with EPIDUO Gel.
Concomitant use of topical products with a strong drying effect can increase irritation. Use with caution.

Pregnancy

Pregnancy Category C. There are no well-controlled trials in pregnant women treated with EPIDUO Gel. Animal reproduction studies have not been conducted with the combination gel or benzoyl peroxide. Furthermore, such studies are not always predictive of human response; therefore, EPIDUO Gel should be used during pregnancy only if the potential benefit justifies the risk to the fetus.
No teratogenic effects were observed in rats treated with oral doses of 0.15 to 5.0 mg adapalene/kg/day, up to 25 times (mg/m²/day) the maximum recommended human dose (MRHD) of 2 grams of EPIDUO Gel. However, teratogenic changes were observed in rats and rabbits when treated with oral doses of ≥ 25 mg adapalene/kg/day representing 123 and 246 times MRHD, respectively. Findings included cleft palate, microphthalmia, encephalocele and skeletal abnormalities in rats; and umbilical hernia, exophthalmos and kidney and skeletal abnormalities in rabbits. Dermal teratology studies conducted in rats and rabbits at doses of 0.6-6.0 mg adapalene/kg/day [25-59 times (mg/m²) the MRHD] exhibited no fetotoxicity and only minimal increases in supernumerary ribs in both species and delayed ossification in rabbits.

Nursing Mothers

It is not known whether adapalene or benzoyl peroxide is excreted in human milk following use of EPIDUO Gel. Because many drugs are excreted in human milk, caution should be exercised when EPIDUO Gel is administered to a nursing woman.

Pediatric Use

Safety and effectiveness of EPIDUO Gel in pediatric patients under the age of 12 have not been established.

Geriatric Use

Clinical studies of EPIDUO Gel did not include sufficient numbers of subjects aged 65 and over to determine whether they respond differently from younger subjects.

Carcinogenesis, Mutagenesis, Impairment of Fertility

No carcinogenicity, photocarcinogenicity, genotoxicity, or fertility studies were conducted with EPIDUO Gel.
Carcinogenicity studies with adapalene have been conducted in mice at topical doses of 0.4, 1.3, and 4.0 mg/kg/day (1.2, 3.9, and 12 mg/m²/day), and in rats at oral doses of 0.15, 0.5, and 1.5 mg/kg/day (0.9, 3.0, and 9.0 mg/m²/day). In terms of body surface area, the highest dose levels are 9.8 (mice) and 7.4 times (rats) the MRHD of 2 grams of EPIDUO Gel. In the rat study, an increased incidence of benign and malignant pheochromocytomas in the adrenal medulla of male rats was observed.
No significant increase in tumor formation was observed in rodents topically treated with 15-25% benzoyl peroxide carbopol gel (6-10 times the concentration of benzoyl peroxide in EPIDUO Gel) for two years. Rats received maximum daily applications of 138 (males) and 205 (females) mg benzoyl peroxide/kg. In terms of body surface area, these levels are 27-40 times the MRHD. Similar results were obtained in mice topically treated with 25% benzoyl peroxide carbopol gel for 56 weeks followed by intermittent treatment with 15% benzoyl peroxide carbopol gel for rest of the 2 years study period, and in mice topically treated with 5% benzoyl peroxide carbopol gel for two years.
The role of benzoyl peroxide as a tumor promoter has been well established in several animal species. However, the significance of this finding in humans is unknown.
In a photocarcinogenicity study conducted with 5% benzoyl peroxide carbopol gel, no increase in UV-induced tumor formation was observed in hairless mice topically treated for 40 weeks.
No photocarcinogenicity studies were conducted with adapalene. However, animal studies have shown an increased tumorigenic risk with the use of pharmacologically similar drugs (e.g., retinoids) when exposed to UV irradiation in the laboratory or sunlight. Although the significance of these findings to humans is not clear, patients should be advised to avoid or minimize exposure to either sunlight or artificial irradiation sources.
Adapalene did not exhibit mutagenic or genotoxic effects *in vitro* (Ames test, Chinese hamster ovary cell assay, mouse lymphoma TK assay) or *in vivo* (mouse micronucleus test).
Bacterial mutagenicity assays (Ames test) with benzoyl peroxide has provided mixed results, mutagenic potential was observed in a few but not in a majority of investigations. Benzoyl peroxide has been shown to produce single-strand DNA breaks in human bronchial epithelial and mouse epidermal cells, it has caused DNA-protein cross-links in the human cells, and has also induced a dose-dependent increase in sister chromatid exchanges in Chinese hamster ovary cells.
In rat oral studies, 20 mg adapalene/kg/day (120 mg/m²/day; 98 times the MRHD based on mg/m²/day comparison) did not affect the reproductive performance and fertility of F_0 males and females, or growth, development and reproductive function of F_1 offspring.
No fertility studies were conducted with benzoyl peroxide.

PATIENT COUNSELING INFORMATION

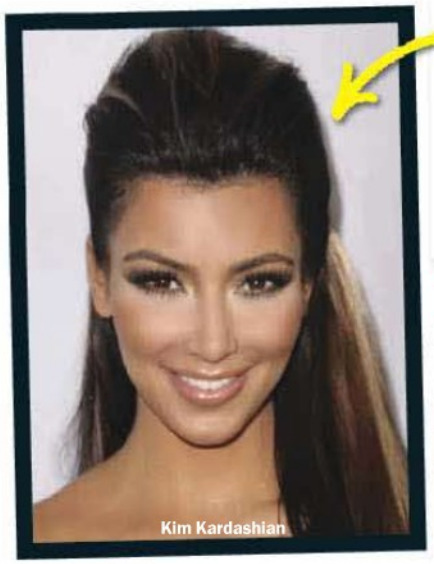
- Advise patients to cleanse the area to be treated with a mild or soapless cleanser; pat dry. Apply EPIDUO Gel as a thin layer, avoiding the eyes, lips and mucous membranes.
- Advise patients not to use more than the recommended amount and not to apply more than once daily as this will not produce faster results, but may increase irritation.
- EPIDUO Gel may cause irritation such as erythema, scaling, dryness, stinging or burning.
- Advise patients to minimize exposure to sunlight, including sunlamps. Recommend the use of sunscreen products and protective apparel, (e.g., hat) when exposure cannot be avoided.
- EPIDUO Gel may bleach hair and colored fabric.

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change your hair, change your face!

These easy tweaks to your hair can have a huge impact on your whole look! BY heather muir







try: John Frieda Luxurious Volume Lavish Lift Root Booster, $7, drugstores

MAKE YOUR CHEEKBONES POP:

Long locks can drag down your features. Your cheekbones will come out of hiding with a do that draws attention upward! Mist your roots with a volumizer, then gently tease hair at your crown. Gather into a half-up style.



WARM UP YOUR SKIN:

You never want your hair to be the same color as your skin tone—you'll blend into the background. Bring out a rosy flush with an auburn demi-permanent shade.





try: Umberto Beverly Hills U Color in Red Teak, $12, folica.com







try: Victoria's Secret So Sexy Soft and Tousled Wave-Enhancing Spray, $13, victoriassecret.com

SLIM A ROUND FACE:

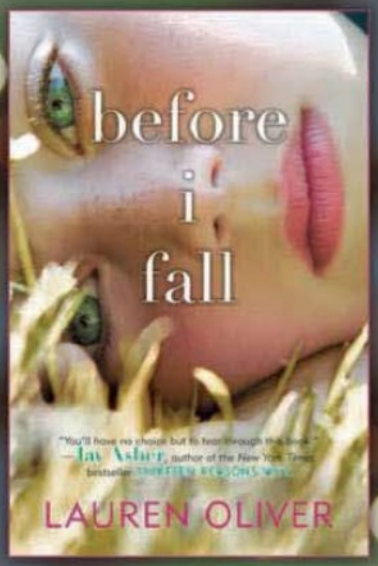
A tightly pulled-back style can make your face seem full. To look slimmer in an instant, try a loose face-framing style and let wispy pieces fall near your eyes. Spritz a wave-boosting spray on damp hair and let air-dry.

SEVENTEEN.COM See stars' hair transformations throughout the years at seventeen.com/beautymakeover

STILL LIFES: J MUCKLE/STUDIO D. KARDASHIAN: (MAIN) JASON LAVERIS/FILMMAGIC; (INSET) MICHAEL LOCCISANO/GETTY IMAGES FOR EBAY. PICKLER: (MAIN) JON KOPALOFF/FILMMAGIC; (INSET) FREDERICK BREEDON/WIREIMAGE. DUFF: (MAIN) JOHN PARRA/WIREIMAGE FOR VICTORIA'S SECRET; (INSET) BENNETT RAGLIN/WIREIMAGE.

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wake up beautiful!



Get supermodel style while you sleep. Hair guru Harry Josh (Gisele is his number one client!) shows you how. BY meredith gray

get silky shine



THE NIGHT BEFORE:

To make your hair totally smooth, apply a straightening gel to wet hair, then let it air-dry about 75 percent. Split it into two sections. Comb and wrap the left section clockwise around your head, then follow with the right. Secure with long bobby pins; tuck a piece of tissue under pins so you don't get dents.

try: Redken Sheer Straight 06 Lightweight Straightening Gel, $15, salons

IN THE MORNING:

When you unwrap your hair, it will fall into perfectly straight pieces! Lightly finger-comb a spritz of shine serum through to make it ultra-glossy.



try: John Frieda Frizz-Ease 100% Shine Glossing Mist, $6, drugstores; Vidal Sassoon Bobbi Pins, $2 for pack of 60, drugstores

SEVENTEEN.COM Get more style ideas for your hair at seventeen.com/hairtips.

Find more magazines at www.magazinesdownload.com

score mega-volume



try: John Frieda Root Awakening Health Boosting Detangling Spray, $7, drugstores; Jet Set EZ Grip Curlers, $4, sallybeauty.com; Scünci No-Slip Grip Headwraps, $4 for pack of four, drugstores



THE NIGHT BEFORE:

Give hair a boost overnight! Apply a detangling spray to prevent knots from forming while you sleep. Divide the top (from forehead to crown) into three small pieces. Wrap each around a flexible-grip roller—they're slightly squishy, so they won't hurt when you lie down!

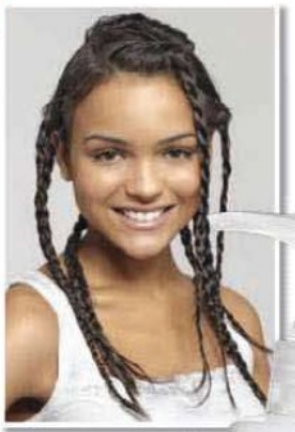
IN THE MORNING:

A secret for extra oomph at the crown: Leave the rollers in while you pull the rest of your hair into a loose bun. That way, the top section stays lifted—just bobby-pin it to your bun after you take the rollers out. Colorful elastic headbands bump up the volume even more.

make boho waves

THE NIGHT BEFORE:

Get the beachy waves of your dreams in your sleep! Wash your hair and apply a light cream gel from roots to tips. While it's still wet, divide hair into two-inch sections and braid each. Secure at the bottom with a small elastic.



IN THE MORNING:

Simply undo your braids to reveal loose, carefree waves! Twirl small pieces of hair around your finger to make them even more defined.

try: Paul Mitchell Express Style Fast Form, $17, salons



try: Goody Ouchless Ponytail Holders, $4 for pack of 29, drugstores





REAL GIRL PHOTOS: SARRA FLEURY/STUDIO D. SITTINGS EDITOR: BETSY MULLINIX. HAIR: HARRY JOSH, INTERNATIONAL CREATIVE CONSULTANT FOR JOHN FRIEDA. MAKEUP: JENNA ANTON FOR SEE MANAGEMENT. ON LISA: (SILKY SHINE) ORANGE TOP, PARKER; GRAY TANK, ADAM LIPPES; (MEGA-VOLUME) DRESS, MICHAEL STARS; TANK, AMERICAN APPAREL; EARRINGS, GIRLPROPS; (BOHO WAVES) TOP, OLD NAVY; EARRINGS, STYLIST'S OWN; BLUE BEADED NECKLACE, A.V. MAX; GOLD NECKLACE, CLAIRE'S. STILL LIFES: J MUCKLE/STUDIO D.

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BEAUTY NOTEBOOK

grow mega-long locks

Dreaming of down-to-there luscious hair? Brush up on the right way to grow it! BY meredith gray



YOUR 4-STEP PLAN:



✓ stimulate your scalp

Give yourself a weekly 10-minute scalp massage to increase blood flow and promote growth. Use a few drops of jojoba oil (it's just like the natural oils your scalp produces) to nourish hair more deeply, then shampoo.
try: Desert Essence 100% Pure Jojoba Oil, $13, Whole Foods stores



✓ infuse with vitamins

Use a shampoo and a conditioner loaded with vitamins A, B, C, and E and minerals such as zinc and iron. They feed your hair, so it will grow long and healthy.
try: Mineral Fusion Volumizing Mineral Shampoo and Conditioner, $10 each, Whole Foods stores

✓ get regular trims

It's weird to think that cutting your hair could help it grow, but a quick snip every six weeks gets rid of the damaged, split ends that slow hair growth. Between trims, quench dry ends with a leave-in conditioner to keep them from getting worse.
try: Herbal Essences Long Term Relationship Leave-In Split End Protector, $3, drugstores



✓ control dandruff

Flakes block your follicles, preventing hair from growing easily. A copper-bristled brush helps you get rid of the bacteria that causes dandruff, while a shampoo containing zinc keeps follicles healthy and clear so hair can grow.
try: Goody Styling Therapy Copper Infused Brush, $12, Target stores; Head & Shoulders Restoring Shine Shampoo, $8, drugstores

MAKE IT THICK!

For hair that's long *and* full, these products pump up the volume!



STYLING GEL
Nourishing plant ingredients fatten up each strand. Apply to damp hair, then blow-dry. The heat activates the gel so your look stays fuller.
try: Bosley Pro Volumizing & Thickening Styling Gel, $15, bosleypro.com



HAIRSPRAY
Healthy hair vitamins like A, B5, and biotin coat the outer layer of your hair to help build body. Flip your hair over and spray at your roots to set your style.
try: Jason Thin to Thick Hair Spray, $12, Whole Foods stores

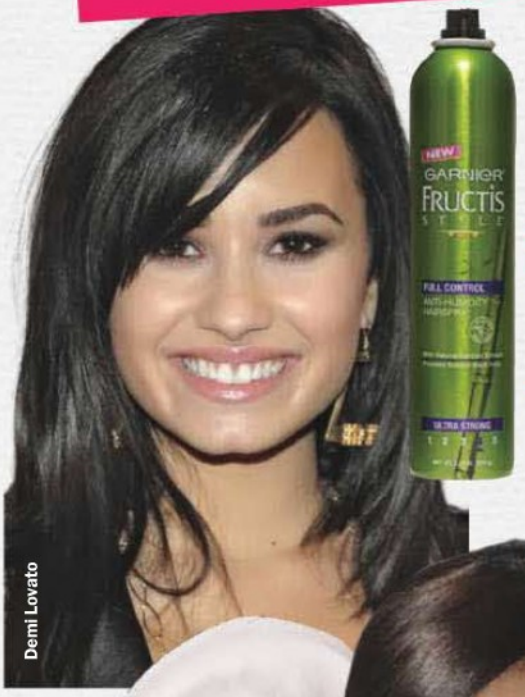


DEEP CONDITIONER
Super-moisturizing shea butter and restorative wheat protein repair damaged hair, making it more voluminous.
try: SoftSheen-Carson Roots of Nature Reconstructing Deep Treatment, $7, drugstores

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IN-BETWEEN STYLES

Stuck waiting for a cut to grow out? Try one of these sneaky styling options!



DEEP SIDE PART

If your fringe keeps falling in your eyes, push it to the side for pretty sideswept bangs. Keep them in place with strong-hold hairspray.

try: Garnier Fructis Style Full Control Anti-Humidity Hairspray, $4, drugstores



HEADBAND

To manage blunt bangs that have gotten too long, brush them back and wear a wrap headband to hold them in place.

try: Freedom for Topshop Gold Chain with Satin Bow Headband, $20, 866-853-8559



HAIRLINE BRAID

Conceal short layers that aren't hanging nicely by French braiding a small section and bobby-pinning it behind your ear. A dab of pomade gives it grip.

try: Pantene Pro-V Texture Pomade, $4, drugstores



CHIC POUF

Hide uneven layers in an updo. Apply mousse to damp hair, then blow-dry. Roll the front two inches of your hair back, and bobby-pin to the side. Gather the rest into a low bun.

try: John Frieda Luxurious Volume Bountiful Body Mousse, $7, drugstores

FAKE IT!

Want long hair *now*? Follow Selena's lead and wear clip-in extensions for a day!



SEPT. 13 Selena rocks her signature bob at a Disney event.



NOV. 10 For a *TV Guide* party, she goes glam with long, flowing faux curls.

SEVENTEEN.COM Learn how to do your own extensions at seventeen.com/extensionvideo

MAIN PHOTO: CHRIS ECKERT. STILL LIFES: J MUCKLE/STUDIO D. LOVATO: KRISTIAN DOWLING/GETTY IMAGES. McCORD: ANGELA WEISS/GETTY IMAGES. PALMER: CURTIS LEIGH/SPLASH NEWS. HEARD: JOHN SHEARER/WIREIMAGE. GOMEZ: (MAIN) JASON LAVERIS/FILMMAGIC; (INSET) JOHN M. HELLER/GETTY IMAGES.

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prom updos for you!

Dance all night—and never worry about your hair!—with these sexy, sophisticated, and totally doable styles. BY meredith gray

romy, 16



CLASSIC FAUX BOB

CURL

Create voluminous, bouncy curls by coiling small sections of hair around a 1"-wide curling iron. Part your hair to the side first, and hold the iron vertically as you go—this will form tight, springy curls.

try: Infiniti by Conair Instant Heat Tourmaline Ceramic 1" Curling Iron, $27, drugstores

BRUSH

To soften your curls, gently brush them out with a boar-bristle brush—it grips your hair just enough so you don't lose the curl. Secure the bottom three inches in a low side pony.

try: Denman Medium Grooming Brush, $20, folica.com

PIN

Fold your ponytail under to create the illusion of a bob, hiding your elastic beneath your hair. Use bobby pins to secure it against the nape of your neck; for a little sparkle, add a pretty hairpin just above your ear.

try: Goody ColourCollection Blonde Bobby Pins, $4 for pack of 50, drugstores

kelly anne, 17



MODERN FIGURE 8

SECTION

Make a deep side part, and gather your hair into a pony just above the nape of your neck. Leave out the front section—comb it forward and sweep it to the opposite side from your part. You'll use this piece later to create sweeping bangs.

try: Conair Soft Comfort Grip Rattail Comb, $3, drugstores

TWIST

Smooth a drop of gel over your pony for hold; twist and curve counterclockwise (like a bun). Pin the twist to the top of elastic, and hold the remaining piece against your head. Curve the ends clockwise to form the top of the 8, pinning into place as you go. Tuck under the ends.

try: Paul Mitchell Extra-Body Sculpting Gel, $9, salons

SPRAY

Take the loose front section from step one, and tuck it behind your ear. Smooth so that it falls slightly over one eye. Mist with a strong-hold hairspray to keep it in place.

try: Pantene Pro-V Frizz Control Anti-Humidity Hairspray, $5, drugstores

REAL GIRL PHOTOS: CHRIS ECKERT/STUDIO D. FASHION STYLIST: LINDSEY NEIDUS. HAIR: JOHNNY LAVOY, FORD ARTISTS NYC FOR KÉRASTASE. MAKEUP: BERTA CAMAL AT JED ROOT INC. ON ROMY: DRESS, JOVANI; HAIR CLIP, D. CARUSO. ON KELLY ANNE: DRESS, JOVANI; EARRINGS, CRISTAL D'OR. STILL LIFES: J MUCKLE/STUDIO D.

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steal their hair secrets!

Want the prettiest hair in America? Take a tip from these 10 girls, who beat out thousands of entrants for the title—they share their best tricks with you! BY meredith gray



17 TIP
After styling, gently shake the ends of your hair to loosen curls into effortless waves.

flowing waves

HER SECRET: "For waves that stay put, I twirl very small sections of hair around a large-barrel curling iron, instead of taking big chunks at a time. Then I use a volumizing hairspray all over to keep them bouncy."

–rachel, 18, geneva, il

her product: Aussie Aussome Volume Hairspray, $4, drugstores

rich color

HER SECRET: "My natural color is light brown, but I dye it a hazel shade to match my eyes. And since I color my hair so often, I use a really rich, moisturizing shampoo to keep it soft."

–andrea, 21, miami, fl

her product: Kérastase Bain Chroma Riche Luminous Softening Shampoo, $34, kerastase-usa.com



smooth texture

HER SECRET: "When I want my hair to be perfectly straight, I wrap it before I go to bed. [Turn to page 88 to learn how!] In the morning I run a dab of shine serum through it to seal out frizz."

–shauna, 15, jamaica, ny

her product: Razac Perfect for Perms Polishing Gloss, $8, CVS stores



soft ringlets

HER SECRET: "To keep my curls from getting frizzy, I never brush my hair. I just apply a palm full of mousse, finger-comb it through, scrunch, and go!"

–holly, 18, cincinnatus, ny

her product: Dove Curl & Sculpt Defining Mousse, $5, drugstores

SEVENTEEN.COM Ask these girls *your* hair questions at seventeen.com/getadvice

PHOTO OF RIANA: KT MERRY PHOTOGRAPHY. STILL LIFES: (AUSSIE, REVLON, GARNIER FRUCTIS, AND PANTENE PRO-V PRODUCTS) J MUCKLE/STUDIO D; (ALL OTHERS) COURTESY OF COMPANIES.

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windswept waves

HER SECRET: "I apply a straightening lotion *without* blow-drying—my fingers are my favorite styling tool! It gives me just enough frizz control while still bringing out my natural wave."

—riana, 17, south lake tahoe, ca

her product: Redken Align 12 Protective Straightening Lotion, $16, salons



sleek bob

HER SECRET: "I just cut my hair short, and I like the ends to be pin-straight! To do that, I divide my hair into one-inch sections, then run my flat-iron over one piece at a time."

—michelle, 21, jackson, ms

her product: Revlon Perfect Heat Professional Ceramic Straightener, $25, drugstores



naturally full

HER SECRET: "I love to let my hair do its own thing, but it needs a little help! To give it definition, I separate it into four sections when it's damp and run a dime-size amount of shine serum through each, then let it air-dry."

—kandice, 18, live oak, tx

her product: Garnier Fructis Style Brilliantine Shine Glistening Drops, $4, drugstores

perfect sweep

HER SECRET: "For sideswept bangs that hang 'just right,' I use a flat-iron to curl mine under. Then I brush them in the direction I want them to go, and use hairspray to keep them in place."

—rachel, 16, bluefield, wv

her product: Pantene Pro-V Sheer Volume Hairspray, $4, drugstores



17 TIP
Give sweeping bangs volume by blow-drying them to the opposite side first—then flip them back over.



17 TIP
To distribute a serum evenly throughout your hair, squeeze it onto your fingertips, rather than the palm of your hand.

glossy shine

HER SECRET: "To make my hair sleek and super-shiny, I apply a serum to wet hair before blow-drying. Then I skip a day before I flat-iron—that way, the natural oils from my hair make it even shinier."

—alejandra, 18, windsor, co

her product: Paul Mitchell Super Skinny Serum, $17, salons

PHOTO CREDITS:



long-lasting color

HER SECRET: "I condition my hair a ton to make sure it stays healthy when I color it. I wash it every other night, and I *never* blow-dry: I just apply a leave-in conditioner that also protects my color so it stays bright!"

—kate, 22, baltimore, md

her product: Nexxus Dualiste Color Protection + Intense Hydration Spray, $12, drugstores



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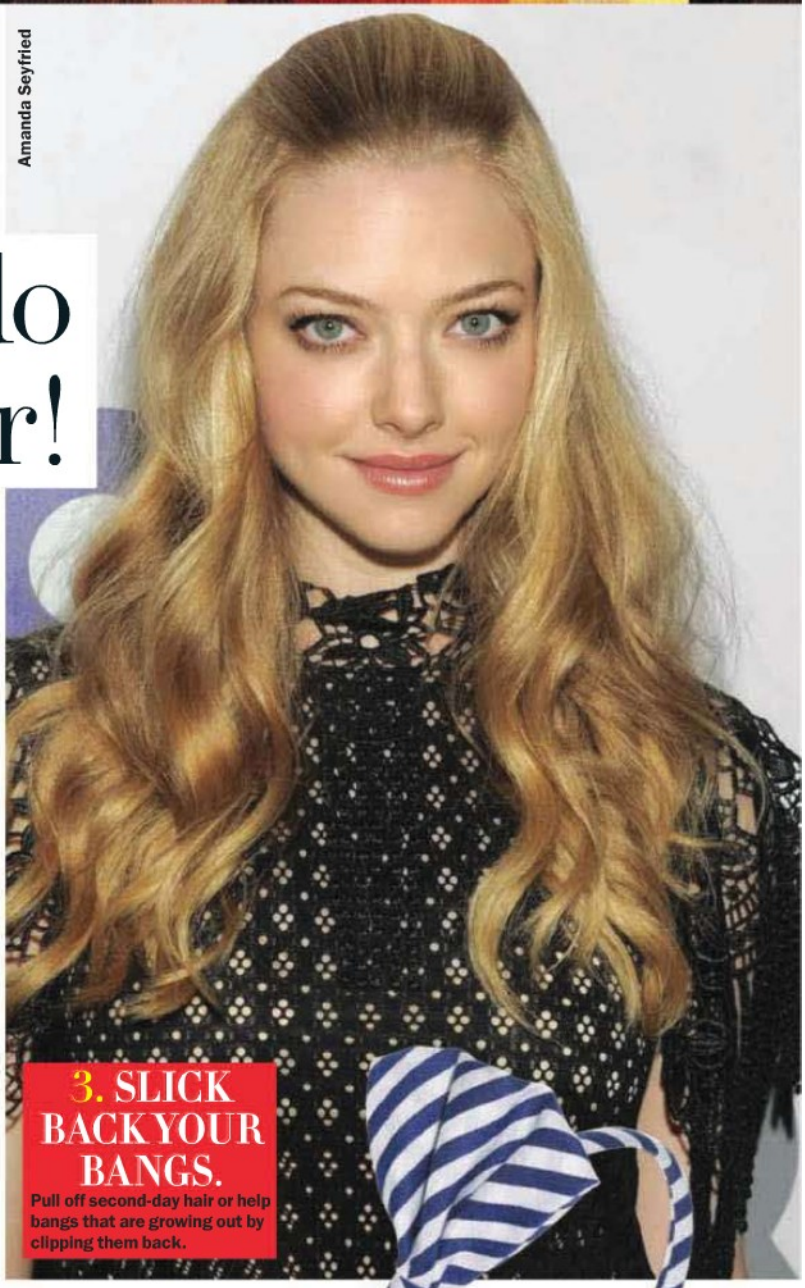
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17 new things to do with your hair!

Break out of your hair rut with these celeb and runway looks.

BY heather muir


Amanda Seyfried


Rihanna

1. WEAR YOUR HAIR CURLY!

If you usually go smooth and straight, mix up your look by scrunching your hair with a curl cream.

try: Living Proof No Frizz Wave Shaping, Curl Defining Styling Cream for Medium to Thick Hair, $24, sephora.com


Prada

2. TRY LOW PIGTAILS.

This sweet look gets an edge when you wear it with a deep side part and fierce shades.

3. SLICK BACK YOUR BANGS.

Pull off second-day hair or help bangs that are growing out by clipping them back.


Josie Loren

4. PUMP UP THE VOLUME.

Look glam by teasing hair around your crown for extra height.


Alexander Wang

5. ROCK A SIDE BRAID.

Go boho chic with a classic low braid. Give it texture with a tiny dab of styling paste.

try: Healthy Sexy Hair Soy Paste Texture Pomade, $16, sexyhair.com for salons




Tsumori Chisato

6. ROLL UP YOUR DO.

More fun than a bun: Roll your hair away from your head in back, and pin. Then twist and pin a front section to the side.


Marc by Marc Jacobs

7. SUPERSIZE YOUR BOW!

Go fashion-y, not little girly, by sliding on a big-bowed headband.

try: Freedom for Top Shop Blue and White Striped Headband, $18, 866-853-8559

SEVENTEEN.COM See how to get other runway-inspired looks at seventeen.com/backstagebeauty.

STILL LIFES: J MUCKLE/STUDIO D. SEYFRIED: TODD WILLIAMSON/WIREIMAGE. RIHANNA: ARNOLD TURNER/WIREIMAGE. LOREN: JASON MERRITT/GETTY IMAGES FOR PCA. RUNWAY PHOTOS: (PRADA) CHRIS MOORE/CATWALKING/GETTY IMAGES; (ALEXANDER WANG) KARL PROUSE/CATWALKING/GETTY IMAGES; (TSUMORI CHISATO) MARIA VALENTINO/MCV PHOTO; (MARC BY MARC JACOBS) SCOTT WINTROW/GETTY IMAGES.

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8. BUMP IT UP.

Create an elegant shape by molding the top section of your hair into a pompadour, then pull sides back.



9. FLIRT WITH FLORALS.

Brighten your face with a vibrant silk flower. Clip one side of your hair and pin it just along your ear.

try: Goody Foreign Exchange Lotus Salon Clip, $7, Target stores



10. BUN YOUR BRAID.

Turn heads from behind! Sweep hair into a low bun, leaving a three-inch-wide section out, braid it, then pin around your bun.



11. GO GAGA FOR BOWS!

Buy a bow made out of hair that matches your color—wear it low at the nape of your neck to keep it sophisticated (not silly).



12. FLUFF YOUR PONY.

Dress up an everyday pony by gently back-combing the tail with a paddle brush for fullness.

try: Goody Start Style Finish Smart Classics Styler, $5, drugstores





13. BUN IT HIGH.

A super-high bun is classic with an edge. Rough it up with your fingers—less perfect looks cooler.

try: Phyto Professional Matte Texturizing Paste, $24, phyto-usa.com for salons



14. STRAIGHTEN OUT!

If you're usually curly, change your look by flat-ironing hair for a stick-straight style with major shine.



15. WEAR A KNIT BAND.

Transition from winter to spring effortlessly by throwing on a crocheted headband.



16. GET LOW.

A piecey bun is sophisticated and sexy. Secure hair into a messy bun at the nape of your neck, then let a few wispies hang loose around your face.



17. GO GIRLY.

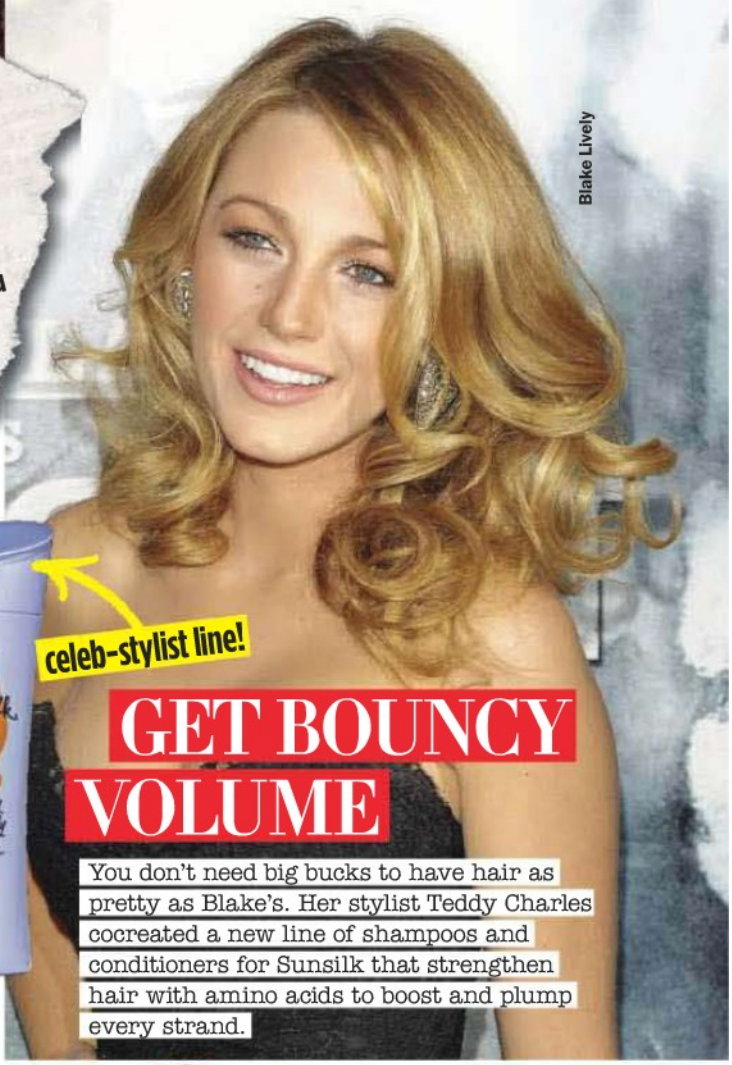
Find your flirty vibe by fastening a flower-cluster clip atop your ponytail.

CIARA: STEFANIE KEENAN/WIREIMAGE. SPARKS: JEFF FUSCO/GETTY IMAGES. BELL: (MAIN) ALBERTO E. RODRIGUEZ/GETTY IMAGES; (INSET) FRAZER HARRISON/GETTY IMAGES. SZOHR: JEFFREY MAYER/WIREIMAGE. PANETTIERE: STEVE GRANITZ/WIREIMAGE. RONAN: JUNKO KIMURA/GETTY IMAGES. SWIFT: DARIO ALEQUIN/INFPHOTO.COM. RUNWAY PHOTOS: (CHANEL) KARL PROUSE/CATWALKING/GETTY IMAGES; (LANVIN) IMAXTREE.

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hair news you need to know now!

These brand-new secret weapons guarantee you a good hair day—every day. BY heather muir



Blake Lively

GET BOUNCY VOLUME

You don't need big bucks to have hair as pretty as Blake's. Her stylist Teddy Charles cocreated a new line of shampoos and conditioners for Sunsilk that strengthen hair with amino acids to boost and plump every strand.

celeb-stylist line!



try: Sunsilk Daring Volume Shampoo and Conditioner, $5 each, Walmart stores



at the salon!

wave buh-bye to frizz

A salon keratin treatment will banish your frizz for up to three months while maintaining your hair texture—it's not a crazy chemical straightener; it's you, only frizz-free! Find a salon near you that offers the service by logging on to keratincomplex.com.



Washing with this gentle shampoo will help prolong your treatment!

try: Keratin Complex Care Shampoo, $20, keratincomplex.com

yummy citrus scent!

score freshly washed hair.... no need to shampoo!

No time to wash every morning? Soak up oil, dirt, and odor by scrunching this fluffy foam into dry hair, then patting off excess with a towel. It gives you sweet-smelling second-day hair!



try: Tresemmé Fresh Start Waterless Foam Shampoo, $5, drugstores

must-have tool!

CURL ON THE GO!

Toss this mini curling iron in your bag or stash it in your locker for midday touch-ups—it's perfect for recurling flippy layers that have gone flat.

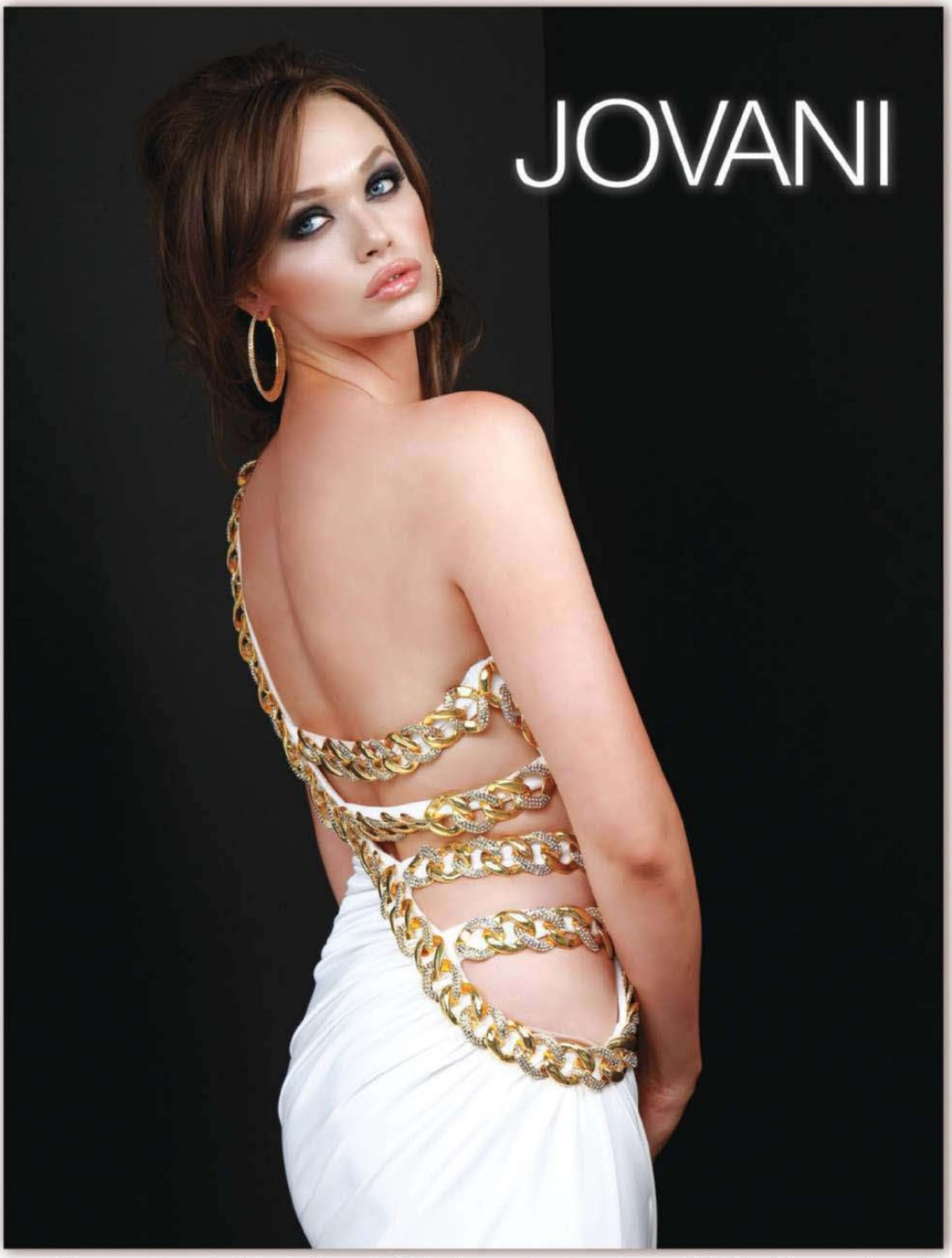
try: Conair Minipro Curling Iron, $18, drugstores

actual size!



STILL LIFES: (PRODUCTS) J MUCKLE/STUDIO D; (ORANGE) KAI STIEPEL/STOCKFOOD CREATIVE; (RULER) CREATIVE CROP. LIVELY: STEPHEN LOVEKIN/GETTY IMAGES.

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Look like a goddess in this chain embellished one-shoulder dress. With its chic sweetheart neckline and body-hugging fit, this gown is perfect for any prom or formal event.
For more eye catching styles visit

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Consumers who participated understood that their reviews could be used for further advertising/promotional purposes by the brand. ©2010 P&G

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GET AMAZING ABS

NO CRUNCHES REQUIRED!

If you want to tone your tummy fast, do these moves from Ashley Greene's Pilates instructor, Lehua Harrison. They're more fun *and* effective than boring old sit-ups!

WORK IT!

To get these fab abs, Ashley does Pilates first thing in the morning—it gives her energy for her day!



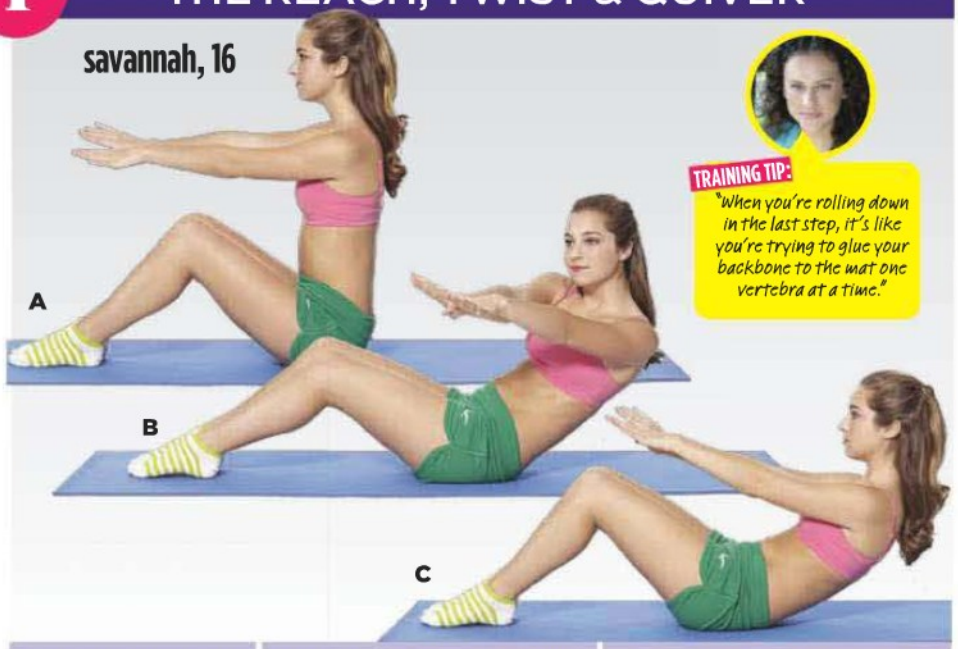
OPEN FOR WORKOUT MOVES!

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flat abs in 4

1 THE REACH, TWIST & QUIVER

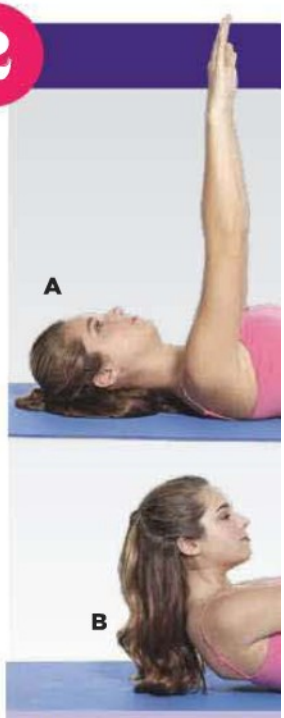


A Sit up tall, legs bent. Reach arms straight out and hook thumbs together.

B Lean back halfway and pull your belly in tight. Twist slowly to the left, then to the right. Do 10 times.

C From center, roll down and stop when abs start to quiver. Hold for 30 seconds, then rest and repeat entire move twice.

2



A Lie down. Press your ba with legs bent at a 90° a pointed. Reach arms str thumbs hooked togethe

3 KNEE PULL



A Start in a push-up position. Make your body a straight line from head to heels with your belly button pulled in tight.

B Use your abs to pull the right knee forward toward your nose. Return to start, then repeat with the left knee. That's one rep. Do two sets of 10.

4



Lie on your back with arms floor, bringing your chin in hold the position for one m

STEP-BY-STEP PHOTOS: SARRA FLEUR ABOU-EL-HAJ/STUDIO D. SITTINGS EDITOR: BETSY MULLINIX. HAIR AND MAKEUP: ERICA WHELAN FOR MAC COSMETICS. ON SAVANNAH: SPORTS BRA, UNDER ARMOUR; SHORTS, AMI CLUBWEAR; SOCKS, HUE. STILL LIFE: (SWAG BAG) PHILIP FRIEDMAN/STUDIO D. TRAINER PHOTO: COURTESY OF LEHUA HARRISON.

TEAR OUT HERE!

Join Team Seventeen at seventeen.com/team17 for support from other readers an

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GET AMAZING ABS

NO CRUNCHES REQUIRED!

If you want to tone your tummy fast, do these moves from Ashley Greene's Pilates instructor, Lehua Harrison. They're more fun *and* effective than boring old sit-ups!

WORK IT!

To get these fab abs, Ashley does Pilates first thing in the morning—it gives her energy for her day!



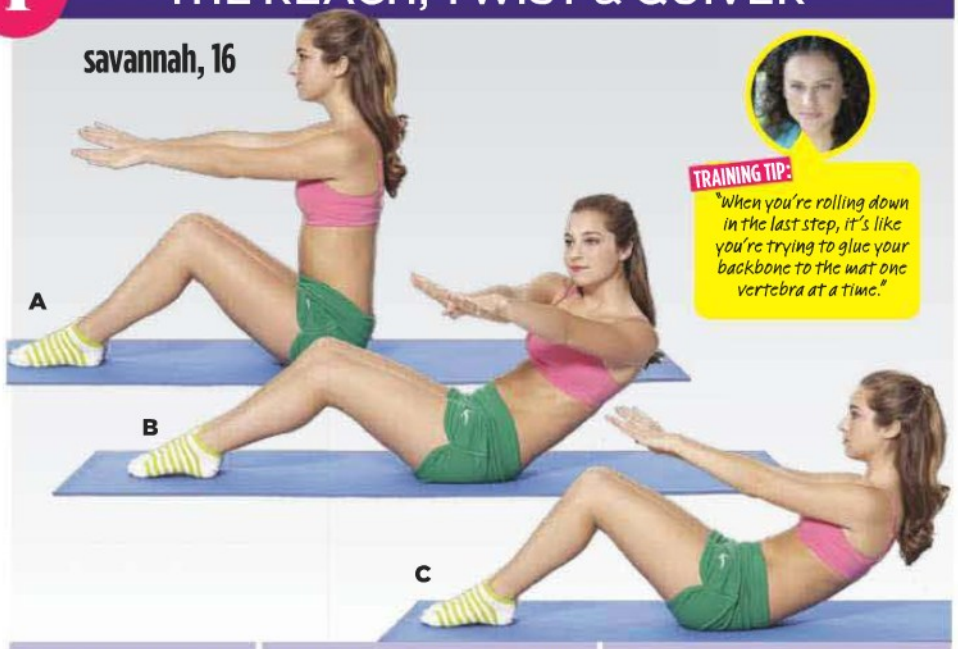
OPEN FOR WORKOUT MOVES!

MAIN PHOTO: ONDREA BARBE. FASHION STYLIST: ELISE WILSON AT RAYBROWNPRO.COM. HAIR: DAVID CRUZ FOR CUTLER/REDKEN AT RAYBROWNPRO.COM. MAKEUP: REBECCA RESTREPO FOR COVERGIRL AT THE WALL GROUP. MANICURE: ELLE FOR BARIELLE. ON MODEL: HOODIE, OLD NAVY; SPORTS BRA AND PANTS, VICTORIA'S SECRET PINK; VISOR, STYLIST'S OWN. GREENE: VENTURINI/BAUERGRIFFINONLINE.COM.

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flat abs in 4

1 THE REACH, TWIST & QUIVER

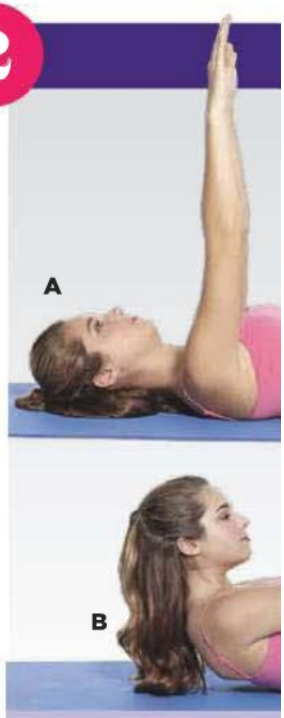


A Sit up tall, legs bent. Reach arms straight out and hook thumbs together.

B Lean back halfway and pull your belly in tight. Twist slowly to the left, then to the right. Do 10 times.

C From center, roll down and stop when abs start to quiver. Hold for 30 seconds, then rest and repeat entire move twice.

2



A Lie down. Press your ba with legs bent at a 90° a pointed. Reach arms str thumbs hooked togethe

3 KNEE PULL



A Start in a push-up position. Make your body a straight line from head to heels with your belly button pulled in tight.

B Use your abs to pull the right knee forward toward your nose. Return to start, then repeat with the left knee. That's one rep. Do two sets of 10.

4



Lie on your back with arms floor, bringing your chin in hold the position for one m

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TEAR OUT HERE!

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moves!

Buh-bye flab, *hello* abs! This quick and easy Pilates workout will bring your sexy stomach out of hiding.

HEEL CLICK



TRAINING TIP: "You'll feel it deep in your tummy, behind your navel. It's hard at first, but soon you'll be able to do two sets!"

ck into the floor
ngle and toes
aight up with
r.

B Press arms forward toward toes and lift upper back off floor. Straighten and lower legs as low as you can with lower back flat, then turn toes out. Rapidly click heels for 30 seconds.

STRETCH LIFT

esults,
lower
e floor
ccply."

Pull your navel in toward your spine. It should feel tight, like a corset!



s straight and lifted at your sides, palms up. Raise your upper back off the slightly toward your chest. Lift legs about six inches off of the floor, and inute. (Try to add 30 seconds every time, until you reach three minutes!)

YOUR PERSONAL TRAINER



NAME: Lehua Harrison

LOCATIONS: Los Angeles, CA

CELEB SHE'S TRAINED: Ashley Greene

TRAINING TIP: "If at any time you feel tension in your neck, keep your head on the floor for the move, or place your hands behind your head for support."

YOUR WEEKLY PLAN

This easy four-day workout routine will get you results by the end of the month!

SUN	☑ cardio 30 minutes (take a long bike ride!) ☑ Pilates
MON	*rest day!*
TUES	☑ cardio 20 minutes (try a mix of dancing and jumping rope) ☑ Pilates
WED	*rest day!*
THURS	☑ cardio 20 minutes (alternate: run one minute, do a light jog the next) ☑ Pilates
FRI	*rest day!*
SAT	☑ cardio 30 minutes (go for an easy outdoor jog!)

WIN A SWAG BAG!



Look cute and colorful while you work out! Go to seventeen.com/freebies for a chance to win a tank, sports bra, jacket, and shorts from Roxy Athletix.

Worth $221 total!

d exclusive access to Lehua's weekly training tips!

SEVENTEEN.COM Get in shape with exclusive video workouts at seventeen.com/allaccess.

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find your beauty peace

THE seventeen Body Peace PROJECT



Everyone has a list of things about their face they'd change, but Jess says it's time to rip it up.



I've been hearing a steady stream of "ugly talk" recently. "I hate the shape of my eyes." Or "I need plastic surgery because my nose is too big." It makes me crazy, because: a) All these girls are naturally beautiful; and b) they can't see it because they are so focused on the things they hate. **Appreciating your looks can be hard,** especially if you got hit with insults in the past, or don't see your kind of beauty represented on TV or in the movies. But the first step toward making peace is learning the difference between changing what you can (with makeup, style tricks) and accepting what you can't (the features you were born with). Because when you do, those morning mirror sessions get a lot easier, and **you'll have a deeper confidence** in your own beauty—and in yourself—that makes you feel like you can walk into any situation and *own* it! —Jess

seventeen Beauty Peace TREATY

I vow to . . .

- Stop using the word **ugly** to describe my appearance—the more I say it, the more I convince myself that it's true. (It's not!)
- Post photos of **women** around my room I admire for what they've done (kick-a** sports stars, singers who rock), and not necessarily what they look like. It will help keep me focused on what's *really* important.
- Play around with new **beauty tricks** to find out the best looks for my face or my hair type.
- When I'm having a **"bad beauty day"** (my hair's greasy, my acne feels out of control), I'll use my go-to lip gloss or spray on my favorite scent to feel better, instead of letting it ruin my whole day.
- Look at **pictures of my mom and grandmother** at my age. When I can see the beauty in the women who look like me, it's easier to see my own.
- Resolve to simply say thank you when I receive a **compliment** about my looks, instead of thinking I don't deserve it. (I do!)
- Embrace the things about my face that make me **unique** (accept the mole, love the eye color, be nice to the nose!) because the world is a better place when not everyone looks exactly the same.
- Surround myself with **positive people** I admire for their kindness, courage, confidence—that's *real* beauty.
- Stop spending hours in front of the mirror focusing on what I don't like. Because the most beautiful things about me are what come from inside—the **sparkle in my eyes** and the **warmth in my smile.**

Love, Me

These celebs, and more, signed the Beauty Peace Treaty! Add your signature at seventeen.com/beautypeace.



Taylor Momsen



Beyoncé



Shailene Woodley



Whitney Port

17 EXPERT: **Jess Weiner,** an author, a self-esteem expert, and the Global Ambassador for the Dove Self-Esteem Fund. Go to jessweiner.com for more info.

SEVENTEEN.COM Read Jess's answers to *your* beauty Qs at seventeen.com/beauty.

MAIN PHOTO: ONDREA BARBE. MOMSEN: BRIAN ACH/WIREIMAGE. BEYONCÉ: JOE CORRIGAN/GETTY IMAGES. PORT: BRYAN BEDDER/GETTY IMAGES. WOODLEY: JASON MERRITT/GETTY IMAGES.

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1/2 THE CALORIES
ALL THE G



gatorade.com/sting

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SEX ED

your weirdest period questions answered!

Your body does some mysterious stuff once a month. Here's what's normal and what's not! BY kim tranell



tummy drama Unfortunately menstrual cramps and bathroom runs may go hand in hand.

SMELLY!

Q: "I notice a strong odor. Is something wrong with me?"

A: Some smells are common: Blood can have a metallic odor, and excess sweat can cause a tangy, sour smell. Both odors may *seem* strong, but a girl can be extra sensitive to her own scent, so other people probably can't tell. Just change your tampon or pad every three hours, and wash your vulva daily in the shower with a mild unscented soap. If you smell a fishy odor, it may be an infection called bacterial vaginosis (BV). See your doc, who can give you antibiotics to clear it up, and switch to nondeodorant tampons and pads. (The scented kind can actually *cause* BV by irritating your vagina.)

NORMAL



metallic odor



mild sour milk smell

NOT SO NORMAL



fishy scent

GASSY!

Q: "My stomach gets upset. Is that normal?"

A: Totally normal. When you get your period, your body makes more prostaglandins, a natural chemical that causes your uterus to contract and push the period blood out of your body. Unfortunately, that same chemical can *also* cause little spasms in your intestines, leading to a gurgling stomach or diarrhea. To cope, start taking ibuprofen a day before you expect your period to begin (it blocks your body from producing too many prostaglandins) and don't drink caffeine—it can make the spasms worse. If that doesn't help, or if you have bad pain or diarrhea that keeps you home from school, see your doc to rule out another stomach problem.



ITCHY!

Q: "My vagina and vulva get itchy. What's up with that?"

A: Ask yourself these Qs to find out why and to get relief:

- **Does the itching stop when your period begins?** Right before your period starts, your body's levels of the hormones progesterone and estrogen drop. This makes it easier for yeast to grow, so lots of girls become a little red and irritated without getting a full-blown yeast infection. Switch to cotton undies, which can help prevent yeast from multiplying.
- **Have you tried a different type of tampon or pad?** Sometimes perfumes or dyes can trigger an allergic reaction, or just some minor itching. Next month, try pads or tampons that say *unscented* or *organic* on the package.
- **Does the itching stick around after your period ends, or does it burn when you pee?** If so, see your doctor. You may have a yeast infection, which can easily be cleared up with a prescription cream or pill.

SCARY!

Q: "Can you ever lose a tampon inside your vagina?"



Use a mirror!

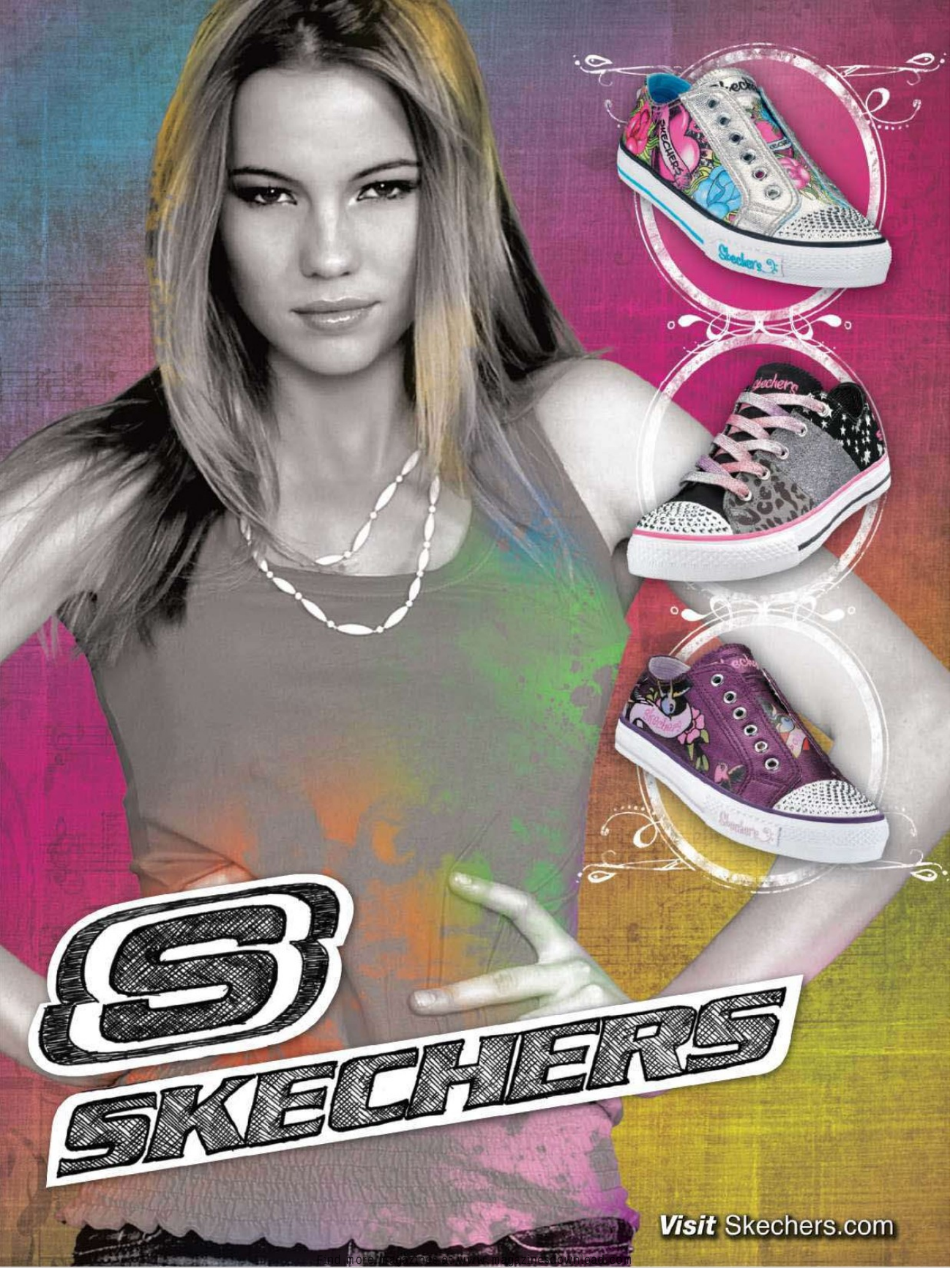
A: Your vagina is only about six inches long, and at the top is your cervix (that's the lower part of your uterus), so there's no way a tampon can go any deeper or get lost. Still, you *can* forget you're wearing a tampon, especially if you put one in before bed, or you may lose sight of the string. If this happens, don't panic. Just wash your hands and go to your bedroom. Grab a handheld mirror and lie down with your legs in a froglike position. Try to relax, then sweep a finger inside your vagina to feel for the tampon. You should be able to find it, no problem.

17 EXPERT: **Jennifer Ashton, M.D.,** an ob-gyn in Englewood, NJ, and the author of *The Body Scoop for Girls: A Straight-Talk Guide to a Healthy, Beautiful You* (Avery Trade, December 2009).

SEVENTEEN.COM Track your period with our period planner at seventeen.com/planner.

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SPECIAL SECTION!

17 fun ways to GO GREEN!

Save the planet and have a blast. With these easy tips, being ecofriendly is a no-brainer!

BY neha gandhi



1. GO TO THE MOVIES

Get ready to be blown away by the beautiful scenes in *Oceans* (in theaters April 22, on Earth Day)—and also to have your heart broken by shots of pollution's effect on this underwater paradise. If you're inspired, go to surfrider.org to see what you can do to help.



GET NATURALLY PRETTY!

These ecobeauty ideas give you a fresh look you can feel great about!



powder and bronzer
Physicians Formula Bamboo Wear Compact with Brush and Mirror, $7, and Bronzer Refill, $10, drugstores

3. MAKE YOUR SKIN GLOW

Physicians Formula's new Bamboo Wear line of powders, concealers, bronzers, and brushes is the first to be certified by Ecocert (the group that sets international standards for organic products). It even comes in completely biodegradable packaging!



lip stains
Tarte Natural Gel Lip Stains, $24 each, sephora.com

4. BRIGHTEN YOUR LIPS

Tarte's lip stains are made of all-natural berries and plant extracts, and a portion of proceeds helps protect the rain forest!

2. UPGRADE YOUR IPOD!

Instead of throwing out your old iPod when you're ready for a new one, recycle it at the Apple store. The company can reuse up to 90 percent of its parts, which keeps dangerous metals out of landfills and toxic chemicals out of the air.



SAVE CASH!
Get 10% off on any new iPod just for bringing in your old one!



blow-dryer
EcoDry Styler, Conair, $20, drugstores

5. GET HOT HAIR

Try a low-energy blow-dryer—it's just as powerful as your usual dryer, so you'll save energy without sacrificing your awesome hair!

MAIN PHOTO: COLETTE DE BARROS. STILL LIFES: (IPOD) COURTESY OF APPLE; (ALL OTHERS) PHILIP FRIEDMAN/STUDIO D. *OCEANS*: COURTESY OF DISNEY. BACKGROUND: JIM JORDAN PHOTOGRAPHY.

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30 DAYS of green

Can you change the world in 30 days? You can start by giving new life to existing products. Buying lightly loved—but new to you—products is great for the planet, because they don't require new energy and resources to produce. That's why eBay and Hearst Magazines have teamed up to bring our 74 million readers **30 Days of Green**, which showcases dozens of ways to green your life. From now until Earth Day, for every reader who takes the eBay Green Team Challenge, eBay will protect one acre of forest in collaboration with Team Earth, and you'll be entered to win. Together, we can create an environment for change.

Visit ebay.com/greenteam to get inspired, take The Challenge and be entered to WIN $10,000 to spend on eBay or hundreds of other great prizes to help you make greener shopping choices!

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CELEB IDEA

6. Shower faster.

"I'm working on taking shorter showers now. It's really hard for me, but if you can just make it a max of 10 minutes, then it's definitely going to help the environment."
—VICTORIA JUSTICE

DRESS GREENER

Like most new stuff, making clothes requires energy and chemicals (for producing and dying the fabric). So give the planet a break and add a few ecofriendly pieces to your closet!



9. FEEL FLIRTY

This fun floral top is perfect for a night out and made of 100 percent recycled polyester (the thread is actually spun out of melted-down plastic bottles and textile waste)!

top
Sizes 2–14, H&M, $15, hm.com



10. BE PRETTY AND PROUD

Show off your ecopride in a girly tee that's made of organic cotton. (That means it's grown without any harmful pesticides!)

t-shirt
Sizes S–XXL, AnvilOrganic, $20, buyanvil.com



7. SURF SMARTER

Make your laptop as green as possible. This energy-efficient mini notebook's shell is made partially from recycled CDs, its packaging is recycled from plastic bottles, and the manuals are printed on recycled paper!

Viao W Series Eco Edition 212AX
Sony, $480, sonystyle.com

WIN IT!
One lucky reader will win this cute energy-saving laptop at seventeen.com/freebies
See page 176 for more details.



11. TRY GREEN JEANS

These cute distressed cutoffs are made from recycled cotton. The cotton is made of old scraps and fibers that would typically end up in landfills!

shorts
Sizes S–XL, Arizona by JCPenney, $20, JCPenney

8. Take the *seventeen* Fashion Swap Challenge!

Last year, 10,000 *Seventeen* readers joined our team on Carbonrally (seventeen.com/carbonrally). By completing easy tasks, like packing waste-free lunches, we reduced our carbon footprint by 324 tons! This year, we can do even better—get started with this special *Seventeen* challenge!

GET NEW CLOTHES TO SAVE THE PLANET!



Throw a party where everyone comes with cute clothes they don't wear anymore and start trading. It's like shopping but free, and it keeps your old stuff out of a landfill. (More than 20 billion pounds of clothing end up in landfills each year). You'll save more than 50 pounds of CO_2 for every piece of clothing you swap!

carbonrally.com

17 EXPERTS: Danny Seo, an environmental activist and the founder of Wholearth Beauty.

JUSTICE: JASON MERRITT/GETTY IMAGES. STILL LIFES: (LAPTOP) COURTESY OF SONY; (ALL OTHERS) PHILIP FRIEDMAN/STUDIO D.

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12. GET A COOLER BOTTLE

Disposable plastic water bottles are tough to recycle and clog up landfills. Skip them altogether with a reusable bottle that has a built-in filter, so you can have delicious drinking water with you everywhere, and save all that plastic!

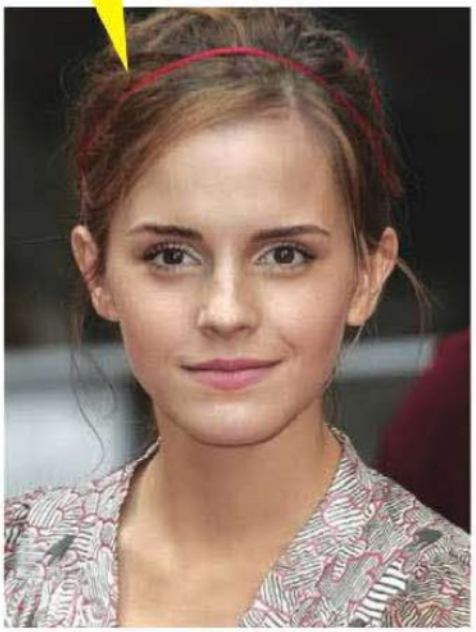
reusable water bottle
Bobble, $10, qvc.com

SAVE CASH!
You can reuse this bottle and filter up to 300 times. Not buying all those bottles of water saves you about $675 a year!

CELEB TIP

13. Think greener everywhere!

"I cannot *not* be green. My car is electric, I recycle, I take public transportation, I try not to drink bottled water. I'm not perfect, but it's something I feel strongly about."
—EMMA WATSON



WATSON: FRED DUVAL/FILMMAGIC. STILL LIFES, THIS PAGE AND NEXT: (IPHONE) COURTESY OF APPLE; (ALL OTHERS) PHILIP FRIEDMAN/STUDIO D.

SEVENTEEN.COM Get more green ideas from celebs at seventeen.com/green.

PROMOTION

Choosing new-to-you leather shoes saves more energy than an average household uses in a day. Take that, carbon footprint. Shoes shown: Jimmy Choo.

The greenest product is the one that already exists.
Mix and match for the greater good.

ebay.com/greenteam

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carbonrally.com



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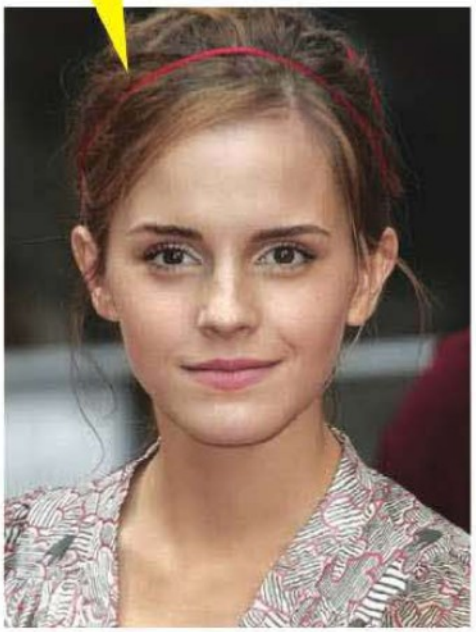
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If every *Seventeen* reader* gave a dress a new life, it would be like saving over 5,000 acres of forest!

And when you take the eBay Green Team Challenge, eBay will bring your impact to life by protecting an acre of forest.

Here's how to take The Challenge and WIN.

1. Visit **ebay.com/greenteam**.

2. Today through Earth Day, take the eBay Green Team Challenge to live greener by using what exists in the world today.

3. Vote on where you want eBay, together with Team Earth, to protect your acre of forest.

As a thank-you, you will automatically be **entered to WIN $10,000** to start shopping for your greener life on eBay, or one of hundreds of other great prizes.

ebay green team

TeamEarth



NO PURCHASE NECESSARY TO ENTER OR WIN. PURCHASE WILL NOT INCREASE YOUR CHANCES OF WINNING. Void in P.R. and where prohibited. Sweepstakes begins at 12:00:00 am Pacific Time (PT) on March 1, 2010, and ends 11:59:59 pm PT on April 22, 2010 (the "Promotion Period"). Open to legal residents of the fifty (50) United States and D.C., 18 years of age or older, who are confirmed registered members of www.ebay.com at time of entry ("Eligible Participant"). Prizes: Grand Prize (1): $10,000 (awarded as a PayPal deposit). Approximate Retail Value (ARV): $10,000; First Prize (500): $25 eBay Gift Card. ARV: $25/ea. Total ARV of all prizes: $22,500. Odds of winning depend upon the number of eligible entries received. Entry must be received by 11:59:59 pm PT on April 22, 2010, in order to be eligible. There is a limit of one (1) entry per eBay User ID for the Promotion Period. For Official Rules and details, go to www.ebay.com/greenteam. Sponsor: eBay Inc., 2145 Hamilton Avenue, San Jose, CA 95125.

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*8.5 million *Seventeen* readers, MRI Fall 2009

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SPRING into flirting

The weather is heating up—your love life should be too! Draw your guy in with these sweet (and totally stealth!) moves. BY elisa benson

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your new tricks!

freshen up

Pop a piece of gum in a bold tropical flavor (like passion fruit). He'll pick up on the super-intense scent and be drawn to you in a subliminal way. PS: Offering him a stick is the perfect ice-breaker!

make a smoothie move

On the next spring-weather Saturday, use Facebook to invite everyone on a Jamba Juice run. (Give the event a cute name, like "Warm Day, Cold Smoothie!") Planning it yourself makes it easy to invite your crush.

put the ball in your court

Mass text all your cute guy friends and challenge them to a game of kickball or dodgeball with your girlfriends. You can show off your fun side—and let the guys demand a rematch after you kick their butts!



"If I need a reason to talk to a guy, I give him a compliment. Guys love to talk about gadgets, so a good line is 'I like your headphones.' It strikes up a conversation without looking *too* interested!" –RUTA, 18, LOS ANGELES, CA

MALL in love

The mall is the number one place to scope out new guys! Grab your BFFs and try these flirty conversation starters.

FOOD COURT

"That looks good—where'd you get it?"

If he's friendly, take a seat near him after you order. Now it's his turn to make a move!

SHOPPING

"That blue shirt would look cool on you."

When he's looking for stuff to try on, offering an opinion shows you're open to talking.

MOVIE THEATER

"Which one are you here to see?"

After he responds, add, "I heard that was good, but did you like the last one in the series?" Instant convo starter!

flirty vs. dirty





FLIRTING FAIL!

"My crush Chad and I were playing volleyball during our school's field day, and we kept flirting on the court. When one of his teammates served the ball really hard, I shouted, 'I got it!' to show off a little. I looked over to see if Chad was watching—and the ball hit me square in the face! It hurt so much, I couldn't stop crying! Worst flirting move ever."
–ALICIA, 16, HUMMELSTOWN, PA

SEVENTEEN.COM **Vote for the Best Boyfriend in America!** Check out 10 hot finalists and vote on your fave to help him win a PacSun shopping spree at seventeen.com/bestboyfriends!

MAIN PHOTO: SAVE. (MODELS USED FOR ILLUSTRATIVE PURPOSES ONLY.) SITTINGS EDITOR: BETSY MULLINIX. HAIR: TYLER LASWELL FOR TRESEMMÉ/CONTACTNYC.COM. MAKEUP: THORA AT KATE RYAN INC., FOR MAC COSMETICS. ON HIM: SWEATER AND BUTTON-DOWN, BOTH NAUTICA. JEANS AND WATCH, BOTH MODEL'S OWN. ON HER: SWEATER, OLD NAVY. JEANS, SILVER. STILL LIFE: (GUM) JACOB ETHAN. HEADPHONES: JESUS AYALA/STUDIO D. CAVALLARI: INFPHOTO.COM. POLIZZI: JOSE PEREZ/SPLASH NEWS.

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juicy questions for . . .

paul wesley

On *The Vampire Diaries,* he's the hottest bloodsucker since Edward Cullen. In real life, he's a sucker for *love*! BY elisa benson

17: You play a vampire who's eternally 17. What were *you* like in high school?

PW: "I got kicked out of almost every high school I went to for fighting. I was constantly fighting over my girlfriend. A guy would look at her the wrong way and I'd get *so* angry. Now I've learned that if a guy hits on a girl I'm dating, it's *her* business. **But when you're young, you're constantly trying to prove your manliness.**"

17: What kinds of girls were you attracted to back then?

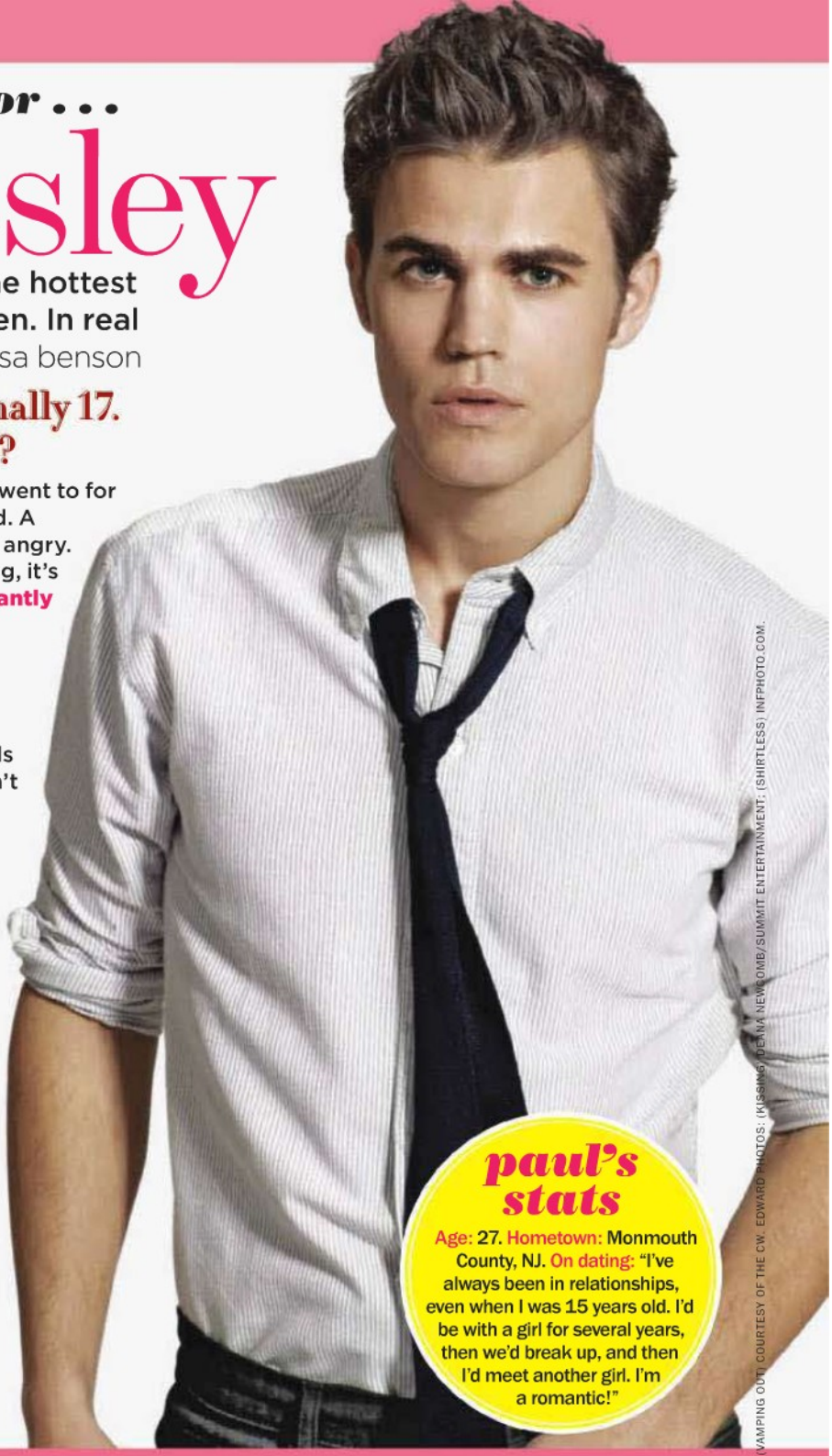
PW: "I remember I had this one girlfriend. My friends were like, 'Why are you digging this girl? She doesn't like you. She doesn't treat you well.' Yet there was something that was intriguing to me. **It was a challenge.** You want what you can't have."

17: Do you still feel that way?

PW: "For guys, you definitely go through that stage when you go for the thing you probably *shouldn't* go for! But then you get to a place where you **understand what a loving relationship is** and how important it is to have somebody."

17: Your little sister Julia is 14. What advice do you give her about guys?

PW: "I tell her that the first couple relationships she's in will probably not be with the guy she stays with forever. I know if something goes wrong, it's going to be so devastating. I want to tell my sister, 'I promise you, **it's not going to be a big deal** when you get older. You'll laugh at the things you worry about now.' And when you meet someone really special, you'll know it. Usually it's at a time when **you feel okay just being on your own.**"



paul's stats

Age: 27. Hometown: Monmouth County, NJ. On dating: "I've always been in relationships, even when I was 15 years old. I'd be with a girl for several years, then we'd break up, and then I'd meet another girl. I'm a romantic!"

MAIN PHOTO: YU TSAI/CONTOUR BY GETTY IMAGES. STEFAN PHOTO: (VAMPING OUT) COURTESY OF THE CW. EDWARD PHOTOS: (KISSING) DENA NEWCOMB/SUMMIT ENTERTAINMENT. (SHIRTLESS) INFPHOTO.COM.

VAMPIRE SHOWDOWN!

stefan vs. edward

You first vampire crush will always be special. But this side-by-side comparison proves Stefan is the new guy to love for eternity!

kissing



all the way vs. pulling away

Stefan's kisses are H-O-T, but Edward's leave you hanging.

shirtless



6-pack abs vs. airbrushed abs

Rumor has it Edward needed a makeup artist for those lines!

vamping out



scary vs. sparkly

No contest. Edward's sparkle-in-the-sun skin is to die for. Ha!

SEVENTEEN.COM Paul answers more juicy questions at seventeen.com/paul.

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SNEAKY WAYS TO TELL...

... he's cheating

You think everything is okay . . . but is it?!? BY elisa benson

☑ he's too lovey-dovey

"Every time I cheated on my girlfriend, I'd feel guilty and do something big to clear my conscious, like take her out to dinner or buy her flowers. Those grand gestures were out of character for me—and should have been a clue that something was wrong." *-kyle, 20, newton, ma*



☑ he has a lot of ringtones

"If your guy has different ringtones for different people, it's a bad sign. That means he has to know who's calling before he even looks at his phone!" *-brandon, 20, jamaica, ny*



☑ he freezes up

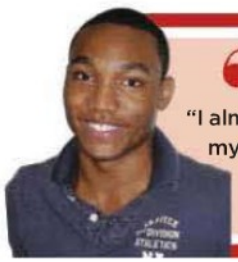
"In a relationship, I'm a very physical person—I love to hold my girl's hand or put my arm around her. But my ex-girlfriend and I were going through a rough patch when I kissed another girl at a party. After that, everything changed. I couldn't be affectionate with my girlfriend anymore. It felt like a lie." *-ben, 16, macon, ga*



☑ he protests too much

"When a guy cheats, he'll try way too hard to give off the impression that he'd *never* cheat, because he's paranoid. Like he might say out of the blue that cheating is horrible or that he would break up with you if you ever cheated on him. He's trying to throw you off the trail, basically." *-andre, 17, austin, tx*





"why i didn't cheat!"

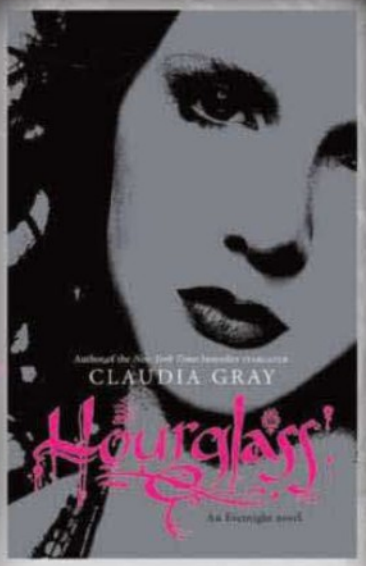
"I almost cheated on my girlfriend by kissing a girl I met at my job—but then I thought about how badly it hurt when I'd been cheated on in the past. I didn't want her to feel the same way." *-tyshawn, 20, brooklyn, ny*

SEVENTEEN.COM Can you trust your guy? Take the quiz at seventeen.com/quizzes

MAIN PHOTO: DELLA BASS. (MODELS USED FOR ILLUSTRATIVE PURPOSES ONLY.)

She's a vampire. He's a vampire hunter.

They'll do anything to be together... no matter the cost.



Don't miss the third book in the Evernight series from *New York Times* bestselling author Claudia Gray!



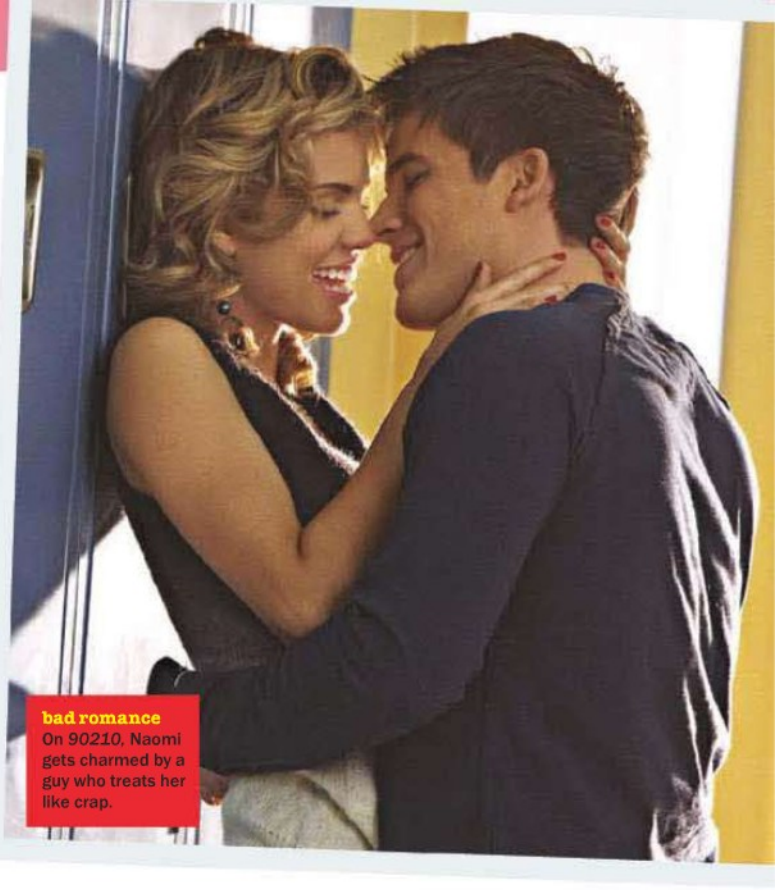
Find out how it all started and watch the *Hourglass* trailer at www.harperteen.com.

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"i'm addicted to bad boys"

What makes troublemakers so sexy? One reader tells how she got hooked, then hurt—but went back for more. BY erica strauss



bad romance On 90210, Naomi gets charmed by a guy who treats her like crap.

Long before Aiden* broke my heart, I knew he was bad news. We were only in eighth grade, but he was constantly in trouble for fighting. We were neighbors, so Aiden would show up at my house to vent. I liked that he confided in me—it made me feel special to see a side of him no one else saw. We started dating, and I thought, If we stay together, I can fix him. But when I refused to have sex with him, he dumped me. I cried myself to sleep for weeks.

I was still hurting from the split a year later, when I met Ryder* at a local fair. His tattoos and pierced lip made him seem so mysterious—and *I* wanted to be the one to understand him. We began dating, but we fought all the time, even more than I had with Aiden. Still, it felt romantic—like we cared enough to fight for each other.



wild ride Ryder was Erica's go-to type: spiked hair, tattoos, and a bad attitude.

One day in the cafeteria, I yelled at Ryder for flirting with another girl. He cursed me out and hurled his lunch tray at me, covering me with mashed potatoes. I was so mad that I wrote "I hate you" in red lipstick on his car. I knew it was crazy, but I felt *powerful*. Even if I was only making things worse, I was addicted to the drama—and I didn't want it to end. After that, he refused to take my calls and ignored me at school. It was over. I was crushed and desperate to get him back.

That same week, I hooked up with Ryder's best friend. I didn't even like him, but I knew that Ryder would find out about it—and I wanted to hurt him the same way he'd hurt me. Sure enough, when Ryder heard about the hookup a week later, he flew into a rage and tried to drive away in his car. I could have let him go—but instead, I jumped into the passenger seat and begged him to hear me out, until he tried to shove me out of the door. The truth is, I *craved* those dramatic moments because I thought they meant there was love and passion between us. As long as I could create that excitement, I thought, we'd be together—and I'd never have to face the loneliness I felt when I'd lost Aiden.

> "We **fought all the time . . .** still, it felt romantic—like we cared enough to fight for each other."

Eventually I had to say goodbye to Ryder because I was leaving for college. But without him, my life felt unbearably dull—until I found another bad boy at school. In my heart, I knew I was setting myself up for the same problems, but I couldn't imagine any other type of relationship. This guy had a reputation for sleeping around and drinking, but it made me want him more—like dating a guy with issues would make *me* feel less messed up. One night, after two years of drama, a girl burst into his room and screamed at me to get out of his bed—because he had been hooking up with *her*. I realized right then that my bad boys didn't see me as "special," the way I'd felt when they'd tell me their troubles. They took all the love and energy I could give, then demanded more. I never got anything back.

I started to see a therapist. She helped me find ways to focus more on *my* life, from being more assertive to exercising three times a week to changing my diet. I learned that I could be on my own—I didn't need to be half of a relationship.

After two (happy!) years without a boyfriend, there's a new guy. The old me would never have liked him: He's career-oriented and into campus activities. Yeah, I still swoon a little when I look at bad boys, but I don't relate to them. I don't understand why they hate the world. But I do understand that it's not up to me to help them. Now I'm helping myself. 17

*Name has been changed.

90210: JORDIN ALTHAUS/THE CW.

SEVENTEEN.COM Has a relationship changed *your* life? Tell us how at seventeen.com/reallove

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YOUR SKIN GOES TO WORK.



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"I couldn't Stop SHOPLIFTING!"

Tiffany, 17, stole to make herself feel better—but it just made everything *worse*. AS TOLD TO jessica press

PHOTO OF TIFFANY: REBECCA GREENFIELD. SITTINGS EDITOR: BETSY MULLINIX. HAIR AND MAKEUP: ERICA WHELAN. ON TIFFANY: TOP, JEANS, AND BRACELET, HER OWN.
17 STATISTIC SOURCE, THIS PAGE: "THE ETHICS OF AMERICAN YOUTH: 2008" SURVEY BY THE JOSEPHSON INSTITUTE CENTER FOR YOUTH ETHICS.

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An official-looking letter arrived in the mail and as soon as I opened it, I started shaking: There was a warrant out for my arrest, and I could go to jail! How did I let things get so out of control? I thought. I'm not a bad kid—I don't drink or smoke, and I have great friends. And yet the real truth was that I *did* have a secret: A few months earlier, I'd been caught shoplifting, and now I had done it again.

I turned myself in at the police station, where I was fingerprinted and had to go before a judge. She said she *could* send me to jail for 90 days—but she'd give me a second chance and sentence me to 35 hours of community service. I couldn't believe how much stress and shame I'd brought on myself when for so long, shoplifting was my *escape* from problems.

SPIRALING DOWN

My life actually started falling apart three years ago. That October, my dad was diagnosed with cancer. In November, my grandpa passed away. By December, I felt so miserable that I broke up with my boyfriend. Then in January, my great grandpa died. I became so depressed, and was always worried that something bad would happen. I was so down all the time that, except for one friend, everyone stopped wanting to hang out with me.

Then one day that spring, my friend and I were at the mall when I saw a pair of earrings and felt like I *had* to have them—but I had no money. So when the salesperson went to the back, I slipped them in my pocket and walked out. I was so nervous I'd get caught, my heart was racing. But when I didn't, those nerves turned to a rush I hadn't felt in *months*. I couldn't believe I got away with it, or how *good* it felt for something to go right when everything *else* in my life was a mess.

CHEAP THRILL

For the next few years, I stole stuff like bracelets and earrings, pins and magnets. I told myself it wasn't *such* a big deal since I never stole anything big—until last year.

Things had gotten better in some ways—I'd switched schools and had a great group of friends. But my dad was still sick and had moved to another state, and I had a *new* stress: My mom had been laid off and was on unemployment. I was working at Little Caesars pizza, but that paid just enough to cover my car insurance and gas. So when I was out shopping, I felt *entitled* to steal what I wanted—DVDs, CDs, clothes—because I was so broke. I'd shoplift about two times a month, a couple hundred dollars worth of stuff each time. I *knew* it was wrong—I'd started to feel so guilty lying to my mom about where I got stuff and even felt bad that stores were losing money. Still, I kept doing it. I'd been shoplifting for so long that *not* stealing would have been harder.

> *"I'd been shoplifting for so long that not stealing would have been harder."*

BIG-TIME BUSTED

But then one day in July, I was at a department store with a friend, who decided to shoplift with me. I picked up a hair straightener, some Michael Jackson CDs, and a few cute tops, then we went into a fitting room and shoved the stuff in our purses. We walked out the door and within a few steps, a woman came over and said, "We need to search your bags." I was so scared that I just froze and handed her my bag. There was nothing I could say—I had been caught. The store called a police officer who gave us a ticket with a court date written on it, and the store fined us $200! For the first time, I felt like a criminal. I vowed to myself and to my mom that I'd never do it again.

But just two months later, before I'd had my court date for that shoplifting incident, the same friend and I were at the mall when she saw a ring she liked and I fell back into my old ways. We each put one ring in our purses and walked out—when a lady grabbed us and said, "Come with me." I instantly hated myself for being so *stupid*—why hadn't I learned my lesson? The Loss Prevention staff took our information and pictures and told us we'd be notified about *another* court date.

After that, I sat my mom down and said, "I have a problem, and I want help." And I *meant* it. I found a group called CASA—Cleptomaniacs and Shoplifters Anonymous. At my first CASA meeting, everyone told stories about being in jail and paying so much for fines and lawyers, and how they'd hurt their families. It freaked me out that so many of them started out like I did. I do *not* want to end up like them, I thought. I also learned in CASA that a lot of people shoplift because they're missing something in their lives and it offers them a few minutes of happiness. And I realized that with my fear of losing my dad and my other stresses, I'd been feeling the exact same way.

Now I avoid the temptation to shoplift by staying away from stores or going with someone who knows about my problem. As for wanting stuff I can't afford, *everyone* does—especially now that the economy is so bad. But shoplifting is so *not* the answer—it costs way more than it's worth financially *and* emotionally.

DO YOU NEED HELP?

If you or a friend has a shoplifting problem, reach out for help from Cleptomaniacs and Shoplifters Anonymous (CASA) at kleptomaniacsanonymous.com.

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EASY MONEY

are your friends making you broke?

Sometimes your best friends can also be your biggest money traps. *Seventeen*'s Farnoosh Torabi shows you how to keep your friends—*and* your money!



it can be contagious! Looks like Ashley Tisdale and a friend had a mega-spree at the mall!

the spend friend

Everyone has at least one friend who can afford to shop without worrying about how much she spends. It can take Superwoman-like powers to resist the temptation to join her—you get so caught up in her shopping buzz, you end up buying stuff you totally don't need!

HOW TO DEAL: Go by the "love it or leave it" rule—if you really love something, but you're not sure if you should buy it, **wait 24 hours** and see if you're still obsessing about it. Then when your friend isn't around to pressure you, figure out **if you can afford it.** Having a hard time resisting her pressure in the heat of a shopping spree? **Distract her.** (Say, "Hey, I'm wiped out. Let's go get lattes!")

the party-never-ends friend

You got a job (working at the mall, babysitting, scooping ice cream, whatever) so you could make money. But when your most fun friend calls with party plans or day trips, it's tempting to want to blow off work!

HOW TO DEAL: What you need is **inspiration**! Write out a list of all the good things a job helps you get—like money for shopping and savings for college. And remember, **a job can actually be fun** if you choose a place with a cool, social staff—like a **restaurant or a store**! Pssst: Keep your inspiration list as a sticky note on your computer so you have it as a constant reminder!

the lend friend

You can't find your new jeans, and come to think of it, your favorite necklace is missing too. You vaguely remember lending that stuff to your friend, but she seems to have adopted your things as her own. It's starting to feel like you basically bought her a new spring wardrobe!

HOW TO DEAL: Next time she wants to borrow something, suggest **doing a swap** with something from **her wardrobe.** For example, say "I'll lend you my jeans if you let me borrow your new sweater." Now she'll return your jeans because **she'll definitely want** her own stuff back!

celeb CONFESSION!

"My friend Kelly is obsessed with shoes—she cannot walk by a cute pair of shoes and not buy them. She can't do it! I'm the same way with dresses. In a department store, we're doomed!"

–TAYLOR SWIFT



TISDALE: RIV/FAME PICTURES. SWIFT: KEVIN MAZUR/WIREIMAGE FOR CLEAR CHANNEL RADIO NEW YORK.



17 EXPERT: **Farnoosh Torabi,** *Seventeen*'s money expert, is the author of *You're So Money: Live Rich Even When You're Not* (Three Rivers Press, 2008).

SEVENTEEN.COM Get expert advice for your money questions at seventeen.com/getadvice.

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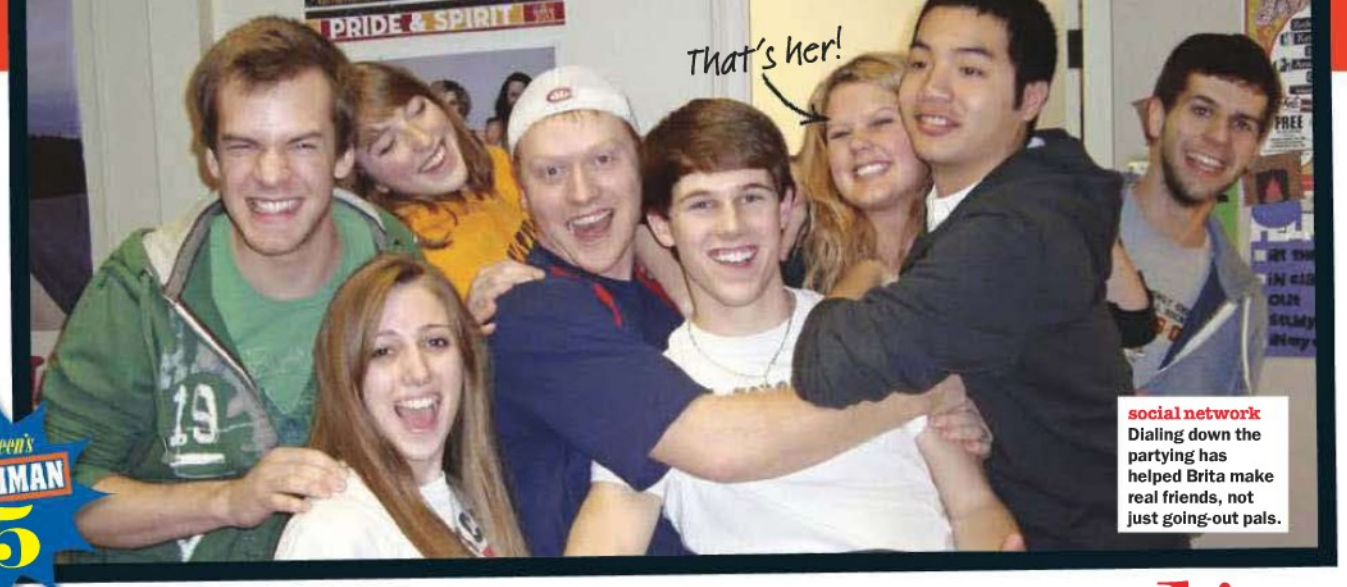
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social network
Dialing down the partying has helped Brita make real friends, not just going-out pals.

seventeen's FRESHMAN 15

college parties—exposed!

I used to be a crazy party girl—but now I've learned to have fun without losing control. Here's what *you* need to know before you hit the scene. BY brita nelson



the truth:

17 FYI: If you're under 21, it's illegal to drink alcohol. And *never* drink and drive!

what you can do:

There *is* pressure to drink.
Once at a party, these upperclassman guys asked my friend and me to chug a beer. When we said no, they started chanting "freshmen" over and over at us. Honestly, we felt kind of stupid!

SHRUG IT OFF. Five seconds after the guys started teasing us, the moment passed and no one cared. Yeah, sometimes it seems like you're the only one who's not getting wasted—but if you don't make it a big deal, no one else will.

Drinking games are dangerous.
Games like beer pong seem fun, but you get so caught up in playing that you don't realize you're sucking down scary amounts of booze. It's not fun *or* safe to feel forced to do shots or chug your drink until you pass out.

MAKE YOUR FUN. You don't need to join a game to join the party. I love to introduce myself to people, snap photos, or man the iPod. I never feel like an outsider when *I'm* having a blast.


Brita goofs around for party pics.

People drink to get drunk.
Most people don't stop after just a few beers. I've been with friends who drank so much, they threw up in the middle of a party or I had to hold their hair back in the bathroom of a random frat house. Not fun.



PARTY SMART. Girls on a mission to get wasted need a friend to make sure they get home safely, but it doesn't *always* have to be you. It's okay to tell her you'll catch her at the party later, or skip a wild night out for pizza with friends.

Alcohol doesn't = boys.
There are always girls who flirt by taking shots, showing off at beer pong, or drinking a *ton*. While those girls might get attention, they also get a rep for being party girls. And then that's the *only* way people see you.


Brita gets her flirt on (not her drink on!).

KEEP IT CLASSY. You don't need to drink to be sexy. My guy friends say it's unattractive when girls pound drink after drink—getting sloppy seems trashy.

3 FUN THINGS TO DO AT COLLEGE (that don't involve drinking!)

HAVE A BALL
There are lights on the fields outside, so we'll get together for an informal nighttime football game, or just throw the ball around in the dorm room.



THINK NETFLIX
We pile up the blankets and pack as many people as we can in front of the TV. We just watched *V for Vendetta*, which is kind of old but really creepy—good for a big group!

THROW A GAME NIGHT
We're big on playing Monopoly. Tons of people in the dorm always want to play (including boys), so we form teams and break out the dice.



SEVENTEEN.COM Hey, seniors! Apply for next year's Freshman 15 at seventeen.com/freshman15

STILL LIFES: (BEER CAN) LENSCAP/ALAMY; (SHOT GLASS) GABE PALMER/ALAMY; (FOOTBALL) D. HURST/ALAMY; (DICE) GARY SLUDDEN/GETTYIMAGES.

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"i intern for tyra banks!"

Jasmine, 18, went from watching her idol on TV—to working (her butt off!) on Tyra's team.



Tyra & me at the office!

PS: DON'T MISS *America's Next Top Model,* WEDNESDAYS AT 8 P.M. ET ON THE CW!

"*Oh. My. God.* I thought, while trying to play it cool. Tyra Banks is touching my hand! My! Hand! I couldn't feel my legs, and I thought was going to faint: It was a few weeks into my internship at Bankable Productions, Tyra's entertainment company, which oversees *America's Next Top Model* and *The Tyra Show,* and I'd been called into a conference room by my boss—not expecting to shake hands with the woman who'd been my inspiration for *years*.

From the very first season of *Top Model,* I loved Tyra, and how she's never afraid to reveal the *real* side of herself or include people of all shapes and sizes. So I almost jumped out of my skin when one afternoon, my mom came home from the salon she owns and said Tyra's executive assistant had been in for an appointment—and it turned out there was an internship I could apply for! I sent in my résumé immediately and was invited for an interview. On the ride to the office, I was so excited and nervous that I started to cry. But I calmed down and focused on doing what I thought would make a good impression: making eye contact, shaking hands firmly, sitting up straight. And in the end, I got the position!



creativity counts Jasmine pulls "tear sheets" from magazines to help inspire Tyra.

Now I do general assistant jobs around the office, which means doing anything from archiving all the magazines and videos Tyra has ever appeared in to filing to pulling pictures from magazines for Tyra to look through for hair and makeup inspiration. My first day on the job, I was given a yellow pad and a pen and told not to go *anywhere* without them. There's too much going on to trust your memory; you have to write *everything* down. Still, *really* paying attention to detail was a lesson I learned the hard way: One afternoon, I was helping prepare for a big lunch meeting and had to get salads for everyone—I placed the order at a restaurant, ran to pick them up, made sure I had *all* the extra dressings, then got back to the office in the *nick* of time. But when I started unpacking the salads, I realized that one was missing: Tyra's! I felt my heart *sink*. I started to run out of the building to get back to the restaurant, but it was too late—the meeting was starting! Tyra wasn't mad; she said she'd just share a salad with someone else. But I was furious at *myself* for not catching the mistake. It was a huge eye-opener to always double-check whatever I'm doing. Now I'll take my yellow pad *anywhere*—even the bathroom! Everyone works so hard here, so I want to work even harder. I take time at the end of each day to make sure the copy machine is full of paper and the kitchen is organized, so everything is ready to go the next day. And Tyra's executive assistant told me that it's exactly this kind of dedication that makes me stand apart as an intern."

tricks of the trade

Tyra and the Bankable team shared the tips *you* need to make it as an intern in the entertainment world:



DON'T ACT YOUR AGE. Always act maturely and professionally, even if you think no one is watching—don't yap on the phone or text in the bathroom. You'll be trusted with more work and more opportunities.

PLAY IT COOL. Don't act starstruck when you meet celebrities. You might be dying *inside,* but keep your cool to show that you're not putting your *own* interests before your job.

NEVER SAY NO. You may think that coffee runs are beneath you, but that coffee could be going to a top executive, and getting things right in *any* situation is a chance to make a good impression.



COFFEE: LEW ROBERTSON/GETTYIMAGES.

SEVENTEEN.COM Tell us about your wild internship at seventeen.com/interns.

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Seventeen Mission SPECIAL REPORT:

help haiti now!

Survivors of Haiti's worst earthquake in a century *still* need your help. See how celebs are making a difference—and how *you* can too.



desperate times *Millions* of Haitians are now hurt and homeless. Survivors need your help—before it's too late.



Rihanna performing at the Hope for Haiti Now telethon.

"When I first heard about the earthquake, I was in shock. I started looking at the pictures—people trapped under rubble, kids not knowing where their parents were, bodies getting dropped outside hospitals—and that made it *real.* **Don't assume it's going to get done—it's only going to get done if we help."**

–rihanna



"We know we can't prevent natural disasters, but that's the scariest thing about them—they come without warning, and these poor people just have no way of escaping."

–kim kardashian



"I'm passionate about this—I want to do everything I can to help out this horrible situation."
–TAYLOR SWIFT

"Please stop whatever you're doing and visit unicef.org to make a donation."
–SELENA GOMEZ

Taylor and Selena answering phones at the Hope for Haiti Now telethon.

YOU can help too!

The quake may have happened in January, but victims need your help more than ever. These are the easiest ways to pitch in now.

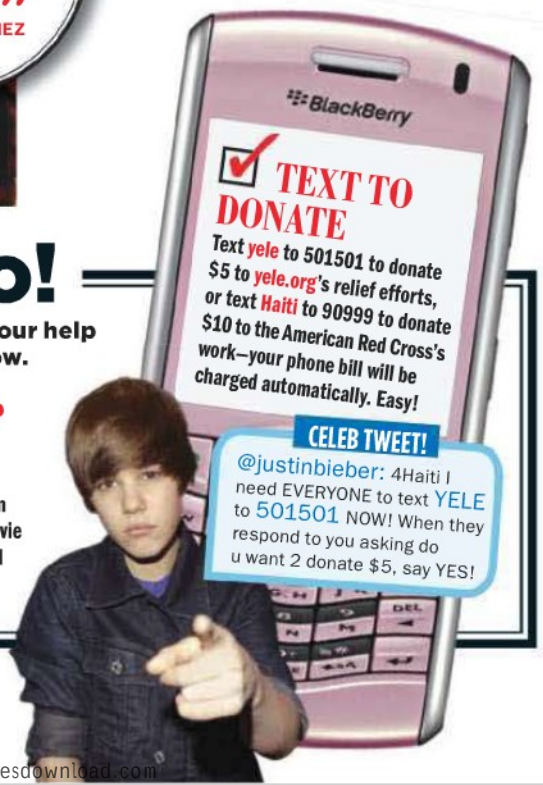


ROCK ON

Go to musicforrelief.org to download a collection of exclusive songs by The All-American Rejects, Dave Matthews Band, Linkin Park, and more—pay *any* amount you can afford, and 100 percent of the funds will go to immediate relief.

PLAY TO HELP

At socialvibe.com/directrelief, sponsors make a donation to Haiti relief each time you do an activity on the site (like playing "name that movie tune"). It costs *you* nothing. Spread the word on Twitter and Facebook.



MAIN PHOTO: AP PHOTO/ADRIAN WYLD. CP. RIHANNA: MJ KIM/HOPE FOR HAITI NOW/PICTUREGROUP. SWIFT AND GOMEZ: JEFF KRAVITZ/MTV HOPE FOR HAITI NOW. KARDASHIAN: GUSTAVO CABALLERO/WIREIMAGE. BIEBER: KEVIN WINTER/DCNYRE2010/GETTY IMAGES FOR DCP. ADDITIONAL REPORTING: FRANCESCA ANTONACCI AND MARY DELSENER.

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PROMOTION

The power to help save trees is in your hands—literally.

We could save 1 tree with every 500 magazines we recycle*—yet only 20% of magazines get recycled from home! Give magazines—and the planet—new life by recycling.



Recycle for Rewards!

Inspired by our friends at eBay—who are committed to encouraging reuse and other green shopping choices—Hearst has joined RecycleBank to reward all magazine recyclers. The first 100,000 who pledge to do so between April 1 and May 15, 2010, will receive **15 RecycleBank Points**, redeemable for rewards at hundreds of retailers! And if you join the eBay Green Team, you'll get an additional 50 RecycleBank Points.

- **Visit www.recyclebank.com/30daysofgreen**
- **Enter reward code "RECYCLEYOURMAGS" for 15 RecycleBank Points**
- **Receive 50 RecycleBank Points when you join the eBay Green Team through RecycleBank**

About RecycleBank

RecycleBank motivates you to take positive green actions, rewards you with Points redeemable at local and national partners, and invites you to be part of a community that is making a difference.

***Source: Conservatree**

RecycleBank®

HEARST *magazines*

ebay green team

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CHECK IT OUT!

style pro pick



Style Pro Jen

PROM STYLE: TREND OF THE SEASON The one-shoulder gown

You've seen all your favorite starlets rocking the one-shoulder trend on the red carpet, so this Style Pro "Prom Pick" is one of the hottest looks to wear on your big night! Much easier to wear than strapless styles, a one-shoulder gown shows just the right amount of skin, plus it looks great on every body type. The rosy cerise color and shimmering fabric, along with a sweet row of cascading rosettes, make this one-shoulder gown from **Jessica McClintock** ($149) a standout for Prom 2010. Find it at **Dillard's Stores** or call **800.345.5273**. Get more insider trend advice and check out the rest of my Style Pro "Prom Picks" on **Dillards.com/prom**.

XOXO, Jen

Dillard's
The Style of Your Life.



17 suggests

Classified Shoes

Make a big statement, while looking effortlessly chic in **Teesto** sandals by **Classified**. Pair them with printed shorts, and a cute cardigan for a signature preppy look this Spring! These "must-have" sandals are available in black, gold, silver, tan, and white. For more great styles, check out **fortunedynamic.com**.

CLASSIFIED®



Iyaz

Iyaz, the U.S. Virgin Islands-born pop singer and rapper, was discovered when Sean Kingston stumbled across his MySpace page. After teaming up with JR Rotem, Iyaz's first single, **"Replay,"** hit #1 on the Top 40. At just 22 years old, Iyaz is part of a thriving new genre fusing rap, reggae, pop, and island sounds. Pick up his debut album in March 2010 and visit **myspace.com/iyaz** for more info!



Time Is Money/Beluga Heights/Warner Brothers Recording Artist

The Last Song

Based on best-selling novelist Nicholas Sparks' latest novel, **THE LAST SONG** is set in a small Southern beach town where an estranged father **(GREG KINNEAR)** tries to reconnect with his troubled teenage daughter **(MILEY CYRUS)** through the only thing they have in common—music—in a story of family, friendship, secrets and salvation, along with first loves and second chances. The film is directed by Julie Anne Robinson from a screenplay by Sparks & Jeff Van Wie. **In Theatres Everywhere March 31**



TheLastSongMovie.com

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Do you want access to *Seventeen*'s insider opportunities? Go to **facebook.com/17actionista** to be a friend of *Seventeen*'s **"Actionista Style Pro" Facebook page**. We post gotta-have-it content such as Style Pro Blogs, beauty advice, sweepstakes opportunities and much more on a daily basis. We look forward to hearing from you!



seventeen **actionista style pros!**

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seventeen

April 2010



True Love Crimes p.154



Sporty Sexy Cool p.142



Street Style p.158



Your Dream Hair p.148



Catch the Wave p.166



Cougar Moms! p.170



Fresh Face p.136

have a SPRING awakening!

Your fresh start—starts here! Get inspired by cool street fashion, give your gym clothes a sexy makeover, try the hottest hairstyle (waves!), and meet someone new: actress Nina Dobrev.

PHOTOS: (TRUE LOVE CRIMES) NICK ONKEN; (SPORTY SEXY COOL) NICHOLAS ROUTZEN; (STREET STYLE) PHIL OH; (FRESH FACE) KENNETH WILLARDT; (COUGAR MOMS!) BARRY BRECHEISEN/WIREIMAGE; (CATCH THE WAVE); DONNA TROPE (YOUR DREAM HAIR) SABINE LIEWALD.

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fresh face

The Vampire Diaries' NINA DOBREV is taking a bite out of Hollywood. The rising star shows you how to vamp up your makeup.

by carissa rosenberg

photographs by kenneth willardt

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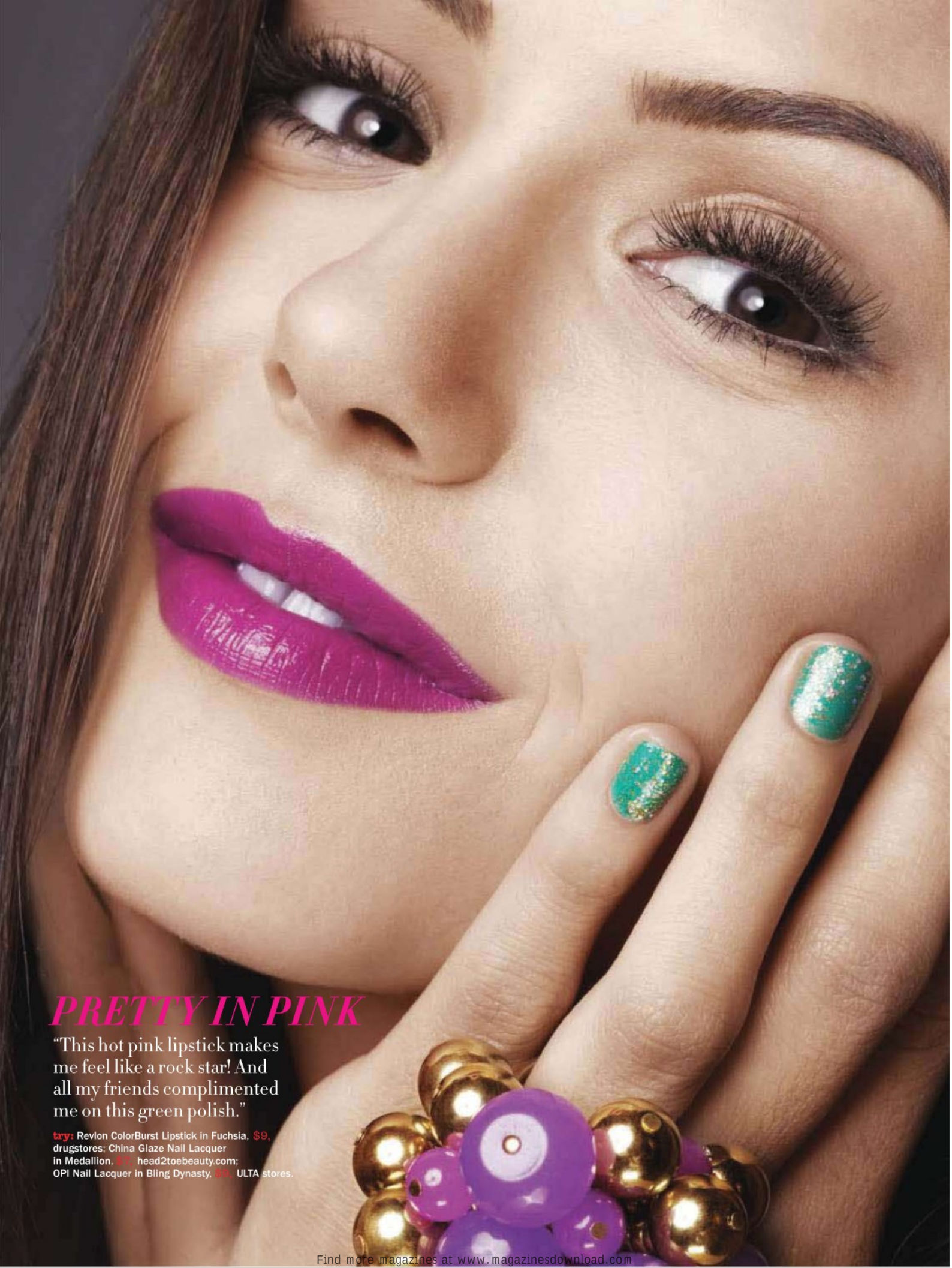
BRIGHT-EYED STAR

"I love bright, fun eyeshadow. It really makes my eye color pop."

try: Urban Decay Stardust in Griffith, $20, urbandecay.com

ON NINA: TOP, NOBLE YOUTH

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PRETTY IN PINK

"This hot pink lipstick makes me feel like a rock star! And all my friends complimented me on this green polish."

try: Revlon ColorBurst Lipstick in Fuchsia, $9, drugstores; China Glaze Nail Lacquer in Medallion, $7, head2toebeauty.com; OPI Nail Lacquer in Bling Dynasty, $8, ULTA stores.

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Even though 21-year-old Nina Dobrev has been on *your* radar forever, in Hollywood she's still the new girl. She had her first blush of TV fame on *Degrassi: The Next Generation,* playing teen mom Mia Jones for four years while she was still in school, but it's mega-hit *The Vampire Diaries* that has made Nina a star. She didn't get her big roles after being spotted by an agent at the mall or by being related to a studio head. Instead, she swears the secret to her success is actually based on *The Secret,* the self-help and spirituality book that promotes the idea that focused positive thinking can change your life. "I remember watching all these movies and thinking, I'm going to be an actress one day," she says. "And now it's become a reality. Now I purposefully just sit and imagine specific things that I want, or that I want to do, and it's scary how often it actually happens." She even inspired her cast mates—Kayla Ewell, Candice Accola, and Sara Canning—to create "vision boards" of quotes and photos that represent their hopes and dreams to hang in their trailers. She may be a dreamer, but Nina's ambition also comes from a practical place. She was born in Bulgaria, and her family immigrated to Canada when she was 2. "I came from a very modest household," she explains. "If I wanted the things everyone else had, I had to earn them myself." To do that, she woke up at the crack of dawn to deliver newspapers and ran to the mall to work at Hollister—juggling those jobs around school, acting classes, auditions, and gymnastics competitions. She pushed herself—and it's paid off. Nina opened up to *Seventeen* over cheeseburgers, fries, and *tons* of ketchup (!) about the pressure she feels to be perfect, her hot vampire costars Paul Wesley and Ian Somerhalder, and why she's just not that into dating an actor.

17: *Degrassi* was your first big break. Did everyone at school think it was totally cool?

Nina Dobrev: I didn't tell anyone for a while because I wanted to be a normal kid in high school. The thing is, until people see that you're on TV, you don't want to say that you're an actress. So I would sometimes study my lines in English class and pretend I was reading a book, and then I'd go after school and audition. It wasn't until about a year later, when the show started airing, that everybody was like, "Oh, my God, you're on the TV show *Degrassi,*" and it was cool.

17: Acting and gymnastics are super-competitive fields. What makes you so driven?

ND: I wanted to be independent and I wanted to create my own world. I never had a stage mom telling me what to do. Although my parents supported me, they didn't push me. When I wanted to do gymnastics, it was all me, and my parents just signed me up. And when I wanted to do the acting thing, I would take an hour bus ride downtown for auditions and classes. When you love something, you want to be successful. I guess it's the Capricorn in me. I've always been driven.

17: Do you ever think you put too *much* pressure on yourself or try to do too many things at once?

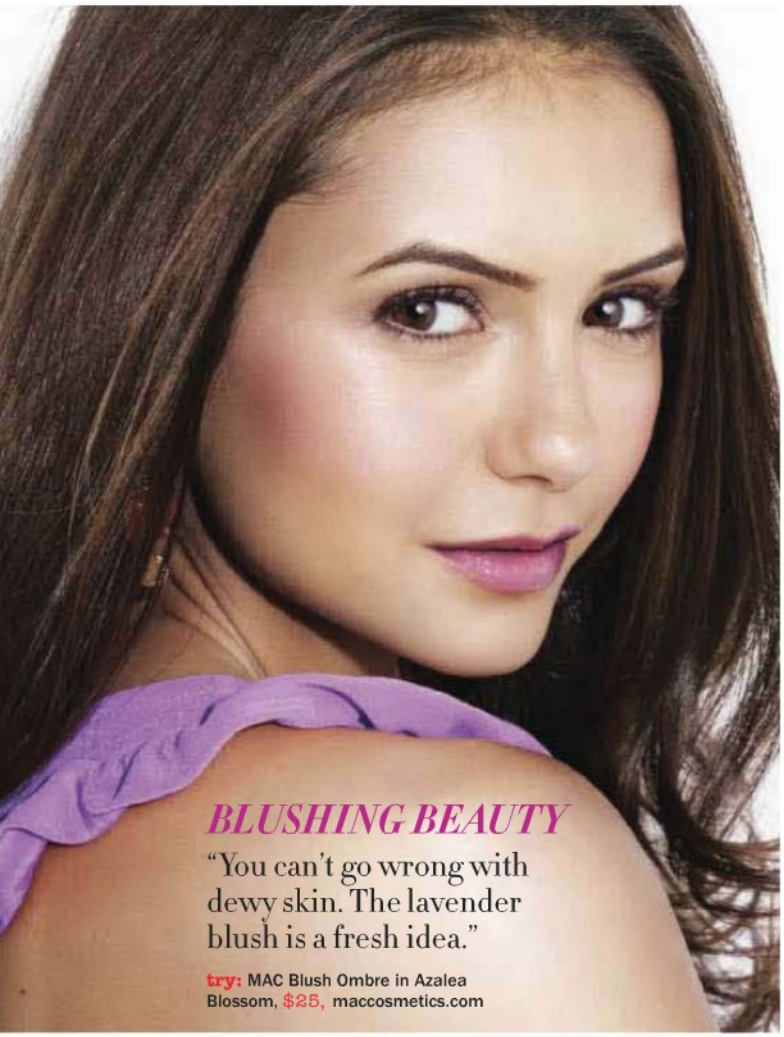
ND: I just have so much *fun* doing everything. I was always the girl who wanted to be the jock, and still be an actress, and get the good grades and have all the friends. I was doing *Degrassi* and movies and college. But I started to realize that I wasn't able to do any of them perfectly. I was just kind of mediocre. I was trying to divide myself in three ways, and each was suffering. I wanted to be this perfect person, but sometimes I set up myself up to be disappointed when things didn't work out perfectly. I had to realize there is no such thing as perfect—you do the best you can and have fun. But it took a couple anxiety attacks to figure that out!



ON NINA: (THIS PAGE) TANK, JOIE; EARRINGS, ALEXIS BITTAR; (OPPOSITE PAGE) RING, LARUICCI.

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17: How do you deal with the stress?
ND: When I'm not on set, I'll play volleyball, or go to the beach and surf or wakeboard. But yoga is my thing now. I do hot yoga three times a week at least. It's a physical workout, but it's really good to calm me down from the craziness in my life and working 17-hour days—every single weekday—on the show.



17: Who do you turn to on the set when you are feeling overwhelmed?
ND: Paul and Ian are basically like my family because we spend every waking moment of the day together, and we've just become really, really close, the three of us, a trio. But I also have a core group of girlfriends from the cast—Candice, Sara, Kayla, and Katerina [Graham]—who are on my team and who, no matter what happens, will support me and look out for me. I've had times when I was really upset, and I'd call Kayla and she'd come over with a box of chocolates, movies, and ice cream, and we'd chill and have a girls' night in. She's the best friend you could ever have. And when we're out together, she is my wingwoman. We're each other's wingwoman.

17: What's your wingwoman trick?
ND: We have a sign language, so we can save each other from uncomfortable situations. If you're talking to someone and you start playing with your earlobe, it means, "Get me out of here!"

17: What is it like hanging out with Paul and Ian?
ND: They're both really great in different kinds of ways. Paul definitely takes his job very seriously. He's very professional. Ian's the prankster, the jokester. He makes light of every moment, and he's very exciting and cool. He has the best stories, because he has just experienced so much, and he's been on so many cool sets and movies. I'm so lucky that they're great people, and we love each other's company.

17: They are super-hot too! Do you have any rules when it comes to dating a costar?
ND: I think it could definitely get sticky if you dated your costar. To be completely honest, dating an actor is very complicated. There's a lot of vanity involved. And they're in their head, and they're kind of crazy. And you're always surrounded by beautiful people. I would prefer not to date an actor.

17: On *The Vampire Diaries*, you are in love with an unattainable guy. Do you like guys who pose a challenge to you?
ND: Definitely. I like someone who is a little mysterious. There has to be a little bit of that cat-and-mouse situation to make it worthwhile, but if it becomes too much work, then it's not fun. And once it's not fun anymore, it's not worth it.

17: Do you usually go for a good guy or a bad boy?
ND: All boys are bad. No, I'm kidding. I guess if a boy becomes too bad, then it's done, because I don't want to be treated poorly. I like to be taken care of. But I don't need a boyfriend to be happy. If I meet someone and I want to be with him, then I will be. I'm very confident in being single until I find someone who I'm extremely crazy about and who I want to devote my time and love to. Until then, I will just be on my own and I am totally fine with that. 17

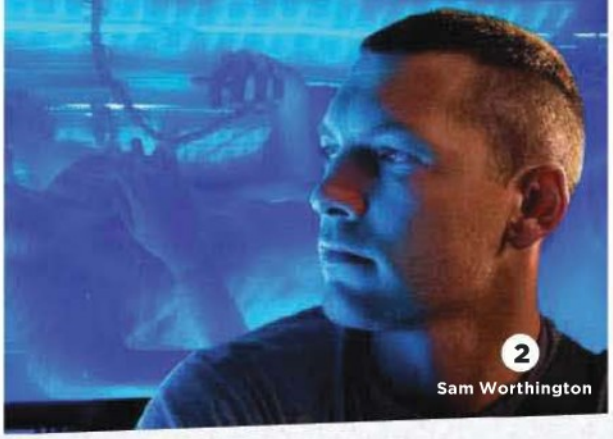
SEVENTEEN EXCLUSIVE!
You could win a visit to *The Vampire Diaries* set in Atlanta, GA!
To enter, go to seventeen.com/vampiresweeps starting on March 2, 2010, at 12:01 A.M. ET. See page 176 for details.
PLUS: Check out life behind the scenes of *The Vampire Diaries*. Go to seventeen.com/thevampirediaries.

ON NINA: TOP, NOBLE YOUTH.

Fashion Stylist: Beau Quillian at Atelier Management. Hair: Erin Anderson for Woodley & Bunny Salon at The Wall Group. Makeup: Charlotte Willer for Maybelline New York at Art Department. Manicure: Elle for Barielle.

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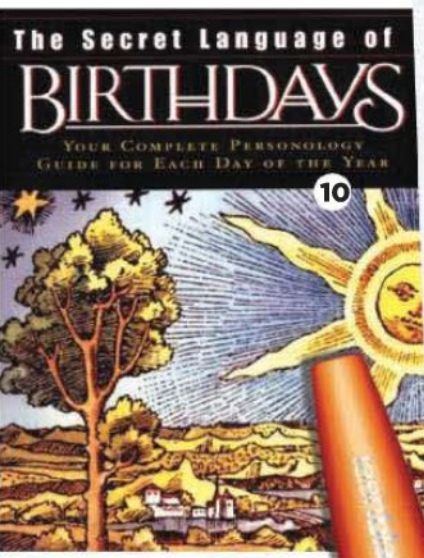






10 things you don't know about me.

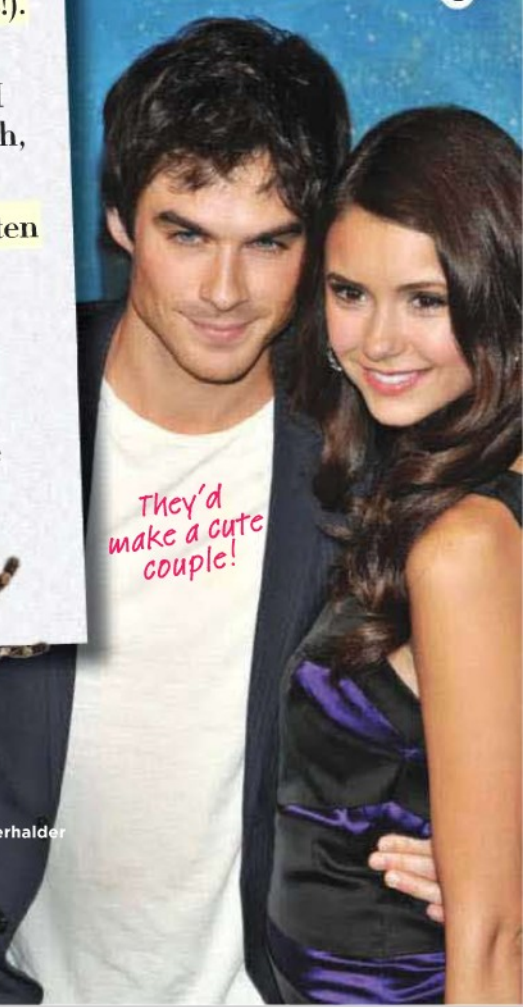
1. My hair is naturally curly.
2. I think the hottest celeb guy right now is Sam Worthington. I love *Avatar*!
3. The celebrity most people say I look like is Emmanuelle Chriqui from *Entourage*.
4. My favorite thing for breakfast is Kashi Oatmeal and blueberries.
5. I just bought an Audi convertible. Ian Somerhalder went with me to the dealer so I wouldn't get ripped off!
6. I am arachnophobic (afraid of spiders!).
7. I am dying to visit Australia because I need to meet a boy from there! Plus, I love surfing, warm weather, the beach, the accents, and kangaroos.
8. My dream costar would be Ryan Kwanten (from *True Blood*). He's awesome.
9. I never leave my house without my CoverGirl LashBlast mascara.
10. I tell everyone to get *The Secret Language of Birthdays*. It's a massive book on horoscopes—it's so accurate, it's amazing.











PHOTOS: CLOCKWISE FROM TOP LEFT: RAY TAMARRA/GETTY IMAGES; TWENTIETH CENTURY-FOX FILM CORPORATION; THE KOBAL COLLECTION; SAM MORRIS/GETTY IMAGES; STEVE GRANITZ/WIREIMAGE; LORI ANDREWS; KIMBALL STOCK COLLECTION/ WWW.KIMBALLSTOCK.COM; JEFFREY MAYER/WIREIMAGE; MARTIN HARVEY; JOHN W BANAGAN; JASON MERRITT/GETTY IMAGES.

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PHOTOGRAPHS BY NICHOLAS ROUTZEN

SPORTY *Sexy* COOL

Show a little skin, add a little shine, and give your gym basics a whole new life!

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zipper tank
Sizes 2–12, Topshop, $55, topshop.com.
tank (underneath)
Sizes XS–XL, Armani Exchange, $32, Armani Exchange stores.
shorts
Sizes XS–L, Jonesy, $78, boutiquetoyou.com.
headphones
Urbanears, $60, nordstrom.com.
bracelets
On right arm: Triangle silver bracelet, Ben Amun, $99, ben-amun.com; studded leather bracelet, Nine West, $42, Nine West stores.
On left arm: Studded leather wrap bracelet, Urban Original, $15, urbanog.com; silver cuff, Ted Rossi, $75, tedrossi.com.
sneakers
Sizes 5–11, Nike, $78, nike.com.

Sneaks look super-glam with tons of metallic jewelry and a silky top.

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hoodie
Sizes XXS–XXL,
American Eagle Outfitters,
$30, ae.com.
dress
Sizes 2–12, H&M,
$13, H&M stores.
necklace
R.J. Graziano, $50, call
212-685-1248 to order.



A short, slinky dress looks more laid-back under a shrunken short-sleeved hoodie.

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Cuff up your sweats, and add leather and studs, for the comfiest tough-girl look ever!



jacket
Sizes S–L, Forever 21, $40, select Forever 21 stores.
shirt
Sizes XS–XL, Adidas, $25, Adidas Originals stores.
sweatpants
Sizes XS–XXL, Alternative Apparel, $50, alternativeapparel.com.
sunglasses
Topshop, $30, topshop.com.
shoes
Sizes 6–11, Zigi NY, $90, amazon.com.

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A jersey skirt feels soft and sporty—but looks really fashion-y with a silver hip pack!

tank
Sizes XS–L, Bop Basics, $42, shopbop.com.
skirt
Sizes XS–L, Hellz, $62, 80spurple.com.
necklace
Nine West, $36, Nine West stores.
hip pack
Aerie, $20, aerie.com.
bracelets
On right arm: Tie-dye bangle, Ted Rossi, $70, tedrossi.com; silver plate bracelet, Ben Amun, $89, ben-amun.com. On left arm: Black-and-chain braid bracelet, Roarke New York, $60, roarkenyc.com; pink-and-green wrap bracelet, Diesel, $40, Diesel stores; tie-dye cuff, Ted Rossi, $65, tedrossi.com.
shoes
Sizes 5½–10, Chinese Laundry, $59, chineselaundry.com.

Fashion Stylist: Kristin Rawson at See Management. Hair: Staci Child at Defacto for Redken/Cutler Salon. Makeup: Jenna Anton for See Management. Manicure: Barbara Mutnick for Artistsbytimothypriano.com.

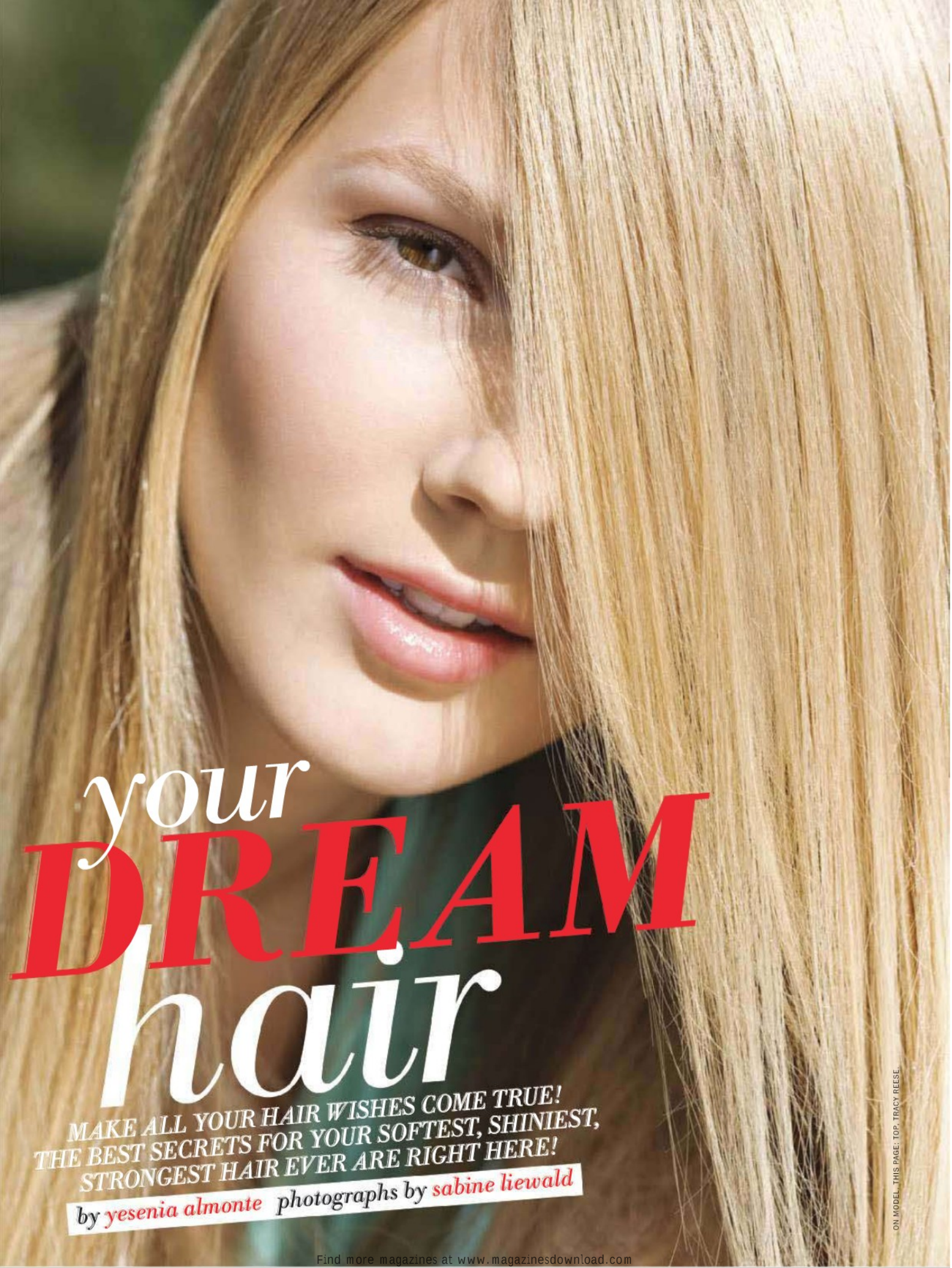
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A shiny black gym bag can totally pass for a going-out bag—and give a girly floral dress some edge.

dress
Sizes 2–12, H&M, $25, H&M stores.
bag
LeSportsac, $88, LeSportsac boutiques.
bracelets
On right arm: Neon-pink bracelet, $40, Harajuku Lovers, select Macy's; black-and-chain braid bracelet, Roarke New York, $60, roarkenyc.com; pink cuff, Harajuku Lovers, $75, select Macy's. On left arm: Pink-and-black braid bracelets, Roarke New York, $60 each, roarkenyc.com; multicolor chain bracelet, Harajuku Lovers, $45, select Macy's.
watch
Freestyle, $55, freestyleusa.com.

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your DREAM hair

MAKE ALL YOUR HAIR WISHES COME TRUE! THE BEST SECRETS FOR YOUR SOFTEST, SHINIEST, STRONGEST HAIR EVER ARE RIGHT HERE!

by yesenia almonte photographs by sabine liewald

ON MODEL, THIS PAGE: TOP, TRACY REESE

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make it: STRONG

These secret ingredients give you springy strength for a happy (no splits!) ending.

SECRET INGREDIENT #1:

argan oil

If you're suffering with shaggy split ends and dry rough frizz, this nourishing ingredient (from kernels of the Moroccan Argan tree) is loaded with fatty acids that prevent—and undo—damage for extra-strong strands! This mask also contains super-moisturizing macadamia oil. Use once a week after washing and leave on for 10 minutes. **try:** Macadamia Natural Oil Deep Repair Masque, $28, ULTA stores

SECRET INGREDIENT #2:

UV filters

Just like heat-styling, the sun can weaken hair, but this gel filters out harmful ultraviolet rays while providing a light hold. Plus its subtle shimmering flecks are a fun treat! **try:** L'Oréal Professional Série Expert Solar Sublime Shimmer-Protect Gelée, $23, lorealprofessionnel.com for salons

SECRET INGREDIENT #3:

sweet orange

Keep your style in place the natural way—this hairspray adds volume and hold, plus it is packed with ultra-hydrators like sweet orange, aloe vera, and avocado to nourish your strands. **try:** Tresemmé Naturals Finishing Spray, $4, drugstores

SECRET INGREDIENT #4:

bio-ceramide complex

It may sound like something out of your chem class, but this ingredient strengthens and conditions your hair every time you wash. Bonus: This conditioner (left) is sulfate-free, so it won't strip your strands. **try:** L'Oréal Paris EverStrong Hydrate Shampoo and Conditioner, $7 each, drugstores

3 healthy tricks

(good for you, great for your hair!)

drink water

When you're dehydrated, your hair stops growing and gets weak. Avoid drinking coffee and soda, which dry you out. Aim for eight glasses of water a day.

get your z's

Sleep, sleep, sleep! Just like your body, your hair needs eight hours of rest to remain super-strong and healthy. Too little sleep can stunt its growth.

take vitamins

Truly healthy hair comes from good nutrition, so take a daily multivitamin to give your hair the vitamins and minerals (zinc is a good one to look for!) it needs to grow long and strong.

try: Steam Hair Supplement #4, $38 for a one-month supply, steamcreamandoils.com



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make it: SHINY

Reflect on this: Obey these hair rules and use these products for your prettiest sheen ever!



try: Oribe Original Pomade, $34, oribe.com

try: Sebastian Professional Trilliant Thermal Protection and Shimmer Complex, $20, salons

10 commandments for crazy-shiny hair

1. Use heat.
At the salon, pro stylists put you under the dryer during treatments to open your hair's cuticle, so ingredients can penetrate. Use this technique at home by slathering on conditioner, popping on a shower cap, and blasting it with your blow-dryer.

2. De-gunk weekly.
Give your hair a serious detox with a clarifying shampoo once a week to get rid of hair-dulling buildup.

3. Comb correctly.
Use a wide-tooth comb or paddle brush on dry hair to distribute the natural oils from roots to ends for shinier strands.

4. Go ionic.
Not only do ionic heat tools (like flat-irons and blow-dryers) protect against frizz and flyaways, but they also give hair a pretty mirrorlike sheen.

5. Eat right.
Foods rich in vitamin E keep hair shiny. Try wheat germ, sunflower seeds, pine nuts, sun-dried tomatoes, and almonds.

6. Rinse with cold.
A cold water rinse seals the cuticle for a smooth, shiny surface. A final blast from your dryer's cold setting also gives hair a boost.

7. Squeeze out water.
After you shampoo, really wring out your locks before conditioning. If your hair is super-saturated, it can't soak up your conditioner's shine-enhancing ingredients.

8. Towel-dry gently.
Rubbing a towel on your hair roughs up its texture, and can cause dryness and frizz. Try patting hair firmly with a super-absorbent towel or even a soft T-shirt, from roots to ends.

9. Lighten up.
For hair that's shiny with body, look for "weightless" or "lightweight" shine-boosting styling products.

10. Use a mask.
A deep-conditioning mask hydrates from the inside out, giving you a multidimensional shine.

try: Olivia Garden Duo Paddle, $13, beautyshoppe.biz

try: Phyto Professional Wet Gel, $24, 800-55-PHYTO

try: TIGI Catwalk Your Highness Volume Collection Weightless Shine Spray, $20, tigihaircare.com

try: John Frieda Frizz-Ease Extra-Strength Formula Hair Serum, $10, drugstores

try: Glop and Glam Hair Glam Chocolate Cream, $16, glopandglam.com

try: Glossy Locks Honey Coconut Milk Conditioner, $18, glossylocks.com

ON MODEL, THIS PAGE: DRESS, MAX AZRIA.

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SHINE ON

With shine-enhancing products, a little goes a long way—too much can look greasy and gunky. So think dab, not dollop!

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SO SMOOTH

The chemicals in hair color and relaxers can create a dry, rough texture—so use them only every six weeks to keep hair smooth.

Fashion Stylist: Elise Wilson at Raybrownpro.com. Makeup: Mai Quynh for Mark Cosmetics at The Wall Group. Hair: Bertrand W for Rene Furterer at Traceymattingly.com. Manicure: Jenna Hipp for Orly/Celestineagency.com. Still Lifes: J Muckle/Studio D.

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make it: SOFT

You'll love your touchable silky hair. (Plus, it's the ultimate guy magnet.)



GET LUSH HAIR!

Use a deep treatment once a week to get hair you can't stop running your fingers through.

- ☑ Look for a hair mask with natural hair-quenching ingredients, like shea butter. Your locks will feel buttery soft.
- ☑ Insider secret: Apply a golf ball–size amount of treatment to dry hair before you shower, and wrap hair in a bun. Don't rinse it out until the very end of your shower to max out the softening benefits of the mask.
- ☑ Leave your hair smelling sweet! Use a mask with a yummy fragrance (this one smells like cherry ice cream!), and it will linger.

try: Miss Jessie's Super Sweetback Treatment, $48, missjessies.com

ON MODEL. OPPOSITE PAGE: TOP, JILL STUART; EARRINGS, FOREVER 21.

4 product swaps to make now!

The product you use every day could be making your hair feel like straw. Try these instead!

INSTEAD OF YOUR REGULAR BLOW-DRY PRODUCT, TRY…

a heat protectant

Create a barrier between your hair and your hot tools to give your locks a smoother finish.

try: Redken Satinwear 02 Ultimate Blow-Dry Lotion, $15, salons

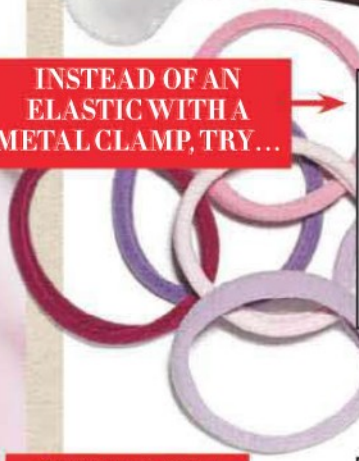


INSTEAD OF AN ELASTIC WITH A METAL CLAMP, TRY…

soft elastics

The next time you pull your hair up into a pony, use these smushy bands—they won't snag your hair, which causes flyaways and roughed-up strands.

try: Sue Maesta Medium Pony Elastics, $5 for pack of six, rickysnyc.com



INSTEAD OF A MEGA-HOLD GEL, TRY…

gel cream

This gel/cream combo allows your style to stay soft, never sticky or crunchy.

try: Aveeno Nourish + Style Soft-Hold Gel-Crème, $7, drugstores



INSTEAD OF A PLASTIC BRUSH, TRY…

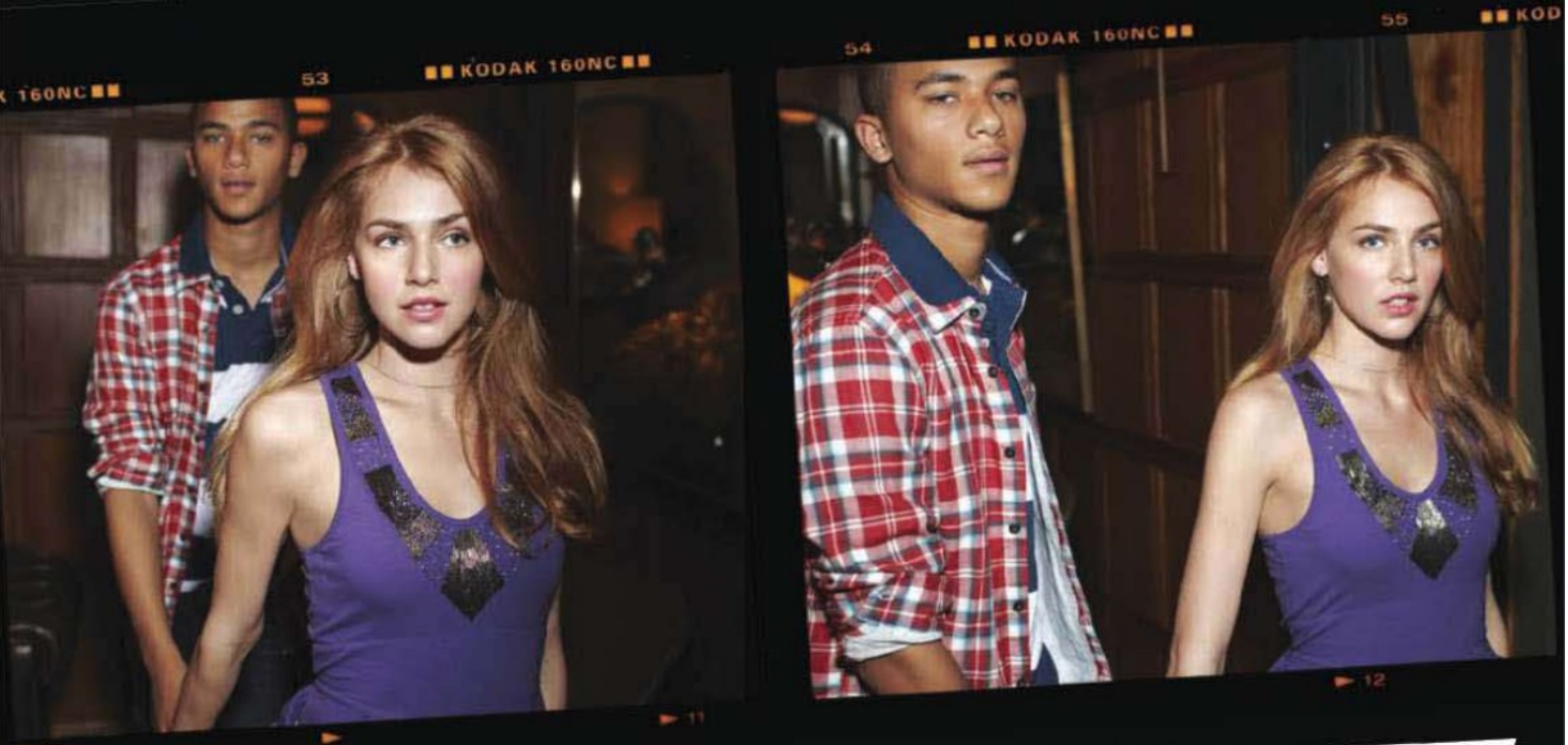
boar bristles

This type of natural-bristle brush better distributes your hair's oils, resulting in hair that's soft with a pretty sheen.

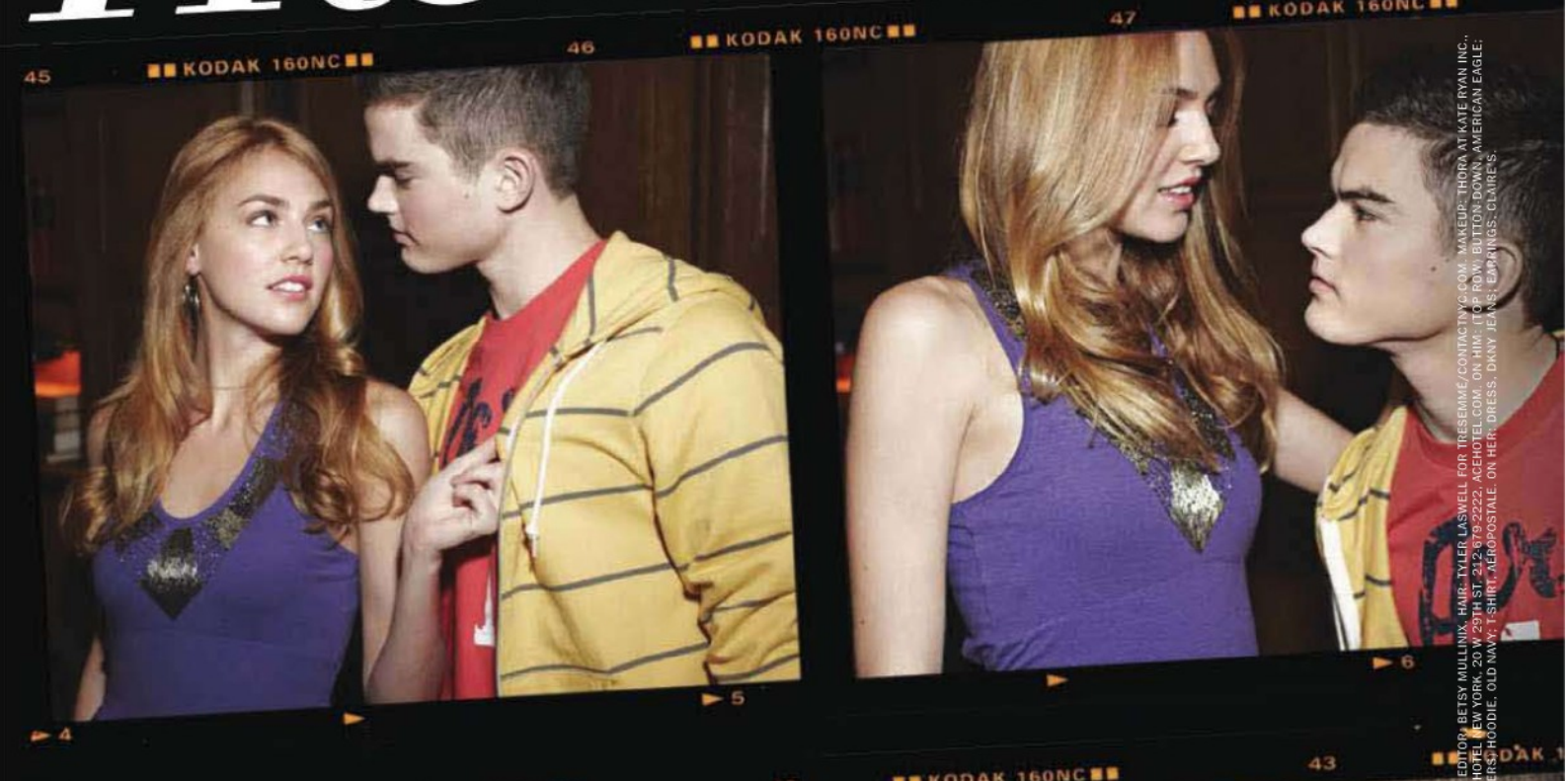
try: Ion Color Brilliance Ceramic Boar Round Brush, $7, sallybeauty.com



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TRUE LOVE





MAIN PHOTOS: NICK ONKEN; SITTINGS EDITOR: BETSY MULLINIX. HAIR: TYLER LASWELL FOR TRESEMMÉ/CONTACTNYC.COM. MAKEUP: THORA AT KATE RYAN INC. FOR MAC COSMETICS. LOCATION: ACE HOTEL, NEW YORK, 20 W 29TH ST, 212.679.2222, ACEHOTEL.COM. ON HIM: TOP ROW BUTTON DOWN, AMERICAN EAGLE; POLO SHIRT, AÉROPOSTALE; ALL OTHERS, HOODIE, OLD NAVY; T-SHIRT, AÉROPOSTALE. ON HER: DRESS, DKNY JEANS; EARRINGS, CLAIRE'S.

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CRIMES

You know it's wrong to lie, cheat, or snoop. But sometimes even the best girlfriends make mistakes.

BY ELISA BENSON



Okay, you screwed up. You never thought you'd be "that girl," but then you got super-flirty at a party even though you have a boyfriend. Or you couldn't resist looking through your guy's texts when he left his phone in your car. Committing a love crime gives you a quick thrill—followed by a rush of guilt. But figuring out *why* you did what you did is an opportunity to learn something about yourself. So while there's no way to magically undo the mistake, plotting your best defense strategy can help you move on—and avoid the temptation to commit a crime again. Because when you become a repeat offender, the person who suffers the most is *you*.

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ARE YOU GUILTY?

If you make a mistake, here's what to do next.

THE CRIME:	THE FIX:
"I flirted with another guy"	It feels great when a guy singles you out—and it's easy to get **carried away and flirt back.** But imagine how you'd feel if your guy was doing the same thing when you weren't around. If your BF is peeved, find a private moment to look in his eyes and reassure him that *he's* the one you're into. PS: If you're always looking for chances to flirt, it might mean **you don't want to be tied down.** Let your guy know now—it's only fair.
"I led him on"	Admit it: You're only spending time with this so-so guy **until someone better comes along.** But dragging out a one-sided flirtationship just gives him more time to get attached to you, so the inevitable breakup will be even crueler. Plus, when you do meet a great new guy, you don't want the **drama of a messy split** killing your new love buzz. Gently let the guy know you're ready to end things, so you can both move on.
"I cheated"	It's hard to deal with the aftermath of cheating—you might have no idea *why* you did it. But it means **you're at a crossroads:** Do you want to stay with your guy, or do you crave freedom? Talking about it with a friend will help you sort out your feelings and decide what to do next. If you know in your heart it was a mistake and that you'd never do it again, you can decide **not to tell your guy.** (But you get only one free pass!)
"I snooped through his stuff"	Once you peek, it's tempting to keep looking—but you're almost guaranteed to **misinterpret the evidence** when you try to piece together the story yourself. Instead, talk to your guy about what's bothering you. (Did he give you a sign he's losing interest?) It's the only way to **settle your nerves** for good.

CRIME YOU DIDN'T KNOW YOU WERE COMMITTING

bashing his ex!

You might feel the need to prove you're better than his last GF, but making snide comments about her to your guy encourages him to dwell on the past—not focus on *you*. Don't do it!



trust issues Relationships are built on trust—and snooping is a major felony!

READER CONFESSION!

"I MADE HIM JEALOUS!"

"At parties, I purposely started flirting with guys in front of my boyfriend—I felt like it would make him appreciate me more if he saw that other guys wanted me. But I began to wonder if what I was actually doing was just hurting him. I finally told him that I need more attention when we're out together, and now we're working on it."

–NICOLE, 21, WHITE PLAINS, NY

VERDICT: MISDEMEANOR FLIRTING **Let her off the hook!**

ON HIM, THIS PAGE: HOODIE, AMERICAN EAGLE OUTFITTERS; JEANS AND BRACELET, BOTH HIS OWN. ON HER, THIS PAGE: JACKET, LULU'S; DRESS, I HEART RONSON FOR JCPENNEY; EARRINGS, AMI CLUBWEAR; SHOES, PAYLESS. ON HER, OPPOSITE PAGE: VEST, BABY PHAT.

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READER CONFESSION!

"I'M THE OTHER GIRL!"

"The guy I'm hooking up with has a girlfriend, but honestly I don't believe in the whole 'girl code.' There are no rules for what I can or can't do. Keeping my relationship with him a secret is hard, but it's also exciting—like we have a special bond. And when we're together, it's like she doesn't even exist. It's all about me and him. I don't owe her anything."

–CHELSEA, 17, TORONTO, ON, CANADA

VERDICT: FIRST-DEGREE RELATIONSHIP HOMICIDE
Lock her up!



what's she hiding? Keeping secrets creates distance between you two.

how to confess

Admit your crime to your guy in the least painful way. (Step one: Do it in person!)

DO: PREPARE YOURSELF. Imagine what will happen when you tell him. Will he freak out and walk away? Break up with you? Or will having an honest conversation make you closer? Thinking through the possible outcomes helps you know how to play it, no matter how he reacts.

DON'T: CHICKEN OUT. You might *want* to cross your fingers and hope he never finds out about your crime. But if he *does*, he'll be even more upset that you kept it from him. And even if he doesn't find out, keeping it secret will weigh you down with guilt.

DO: GET TO THE POINT. Say, "I have to tell you something that's really awkward to talk about—but I care about you and I want to be honest. The other day . . . " Sum up what went down in two sentences and stop talking, so he has time for it to sink in.

DON'T: DRAG IT OUT. Telling him every little detail of what happened will hurt him more than necessary. Your goal is to be sincere, but also brief and to the point—don't force him to wallow in a bad experience.

DO: FOCUS ON THE FUTURE. Your guy will be thinking, How could she do this to me? And unfortunately, there's no easy answer that will make him feel better. The best response is, "I really hope you'll give me the chance to win back your trust."

DON'T: LET IT TURN INTO WAR. If your guy calls you names or really flips out, say, "I know I'm not your favorite person right now. I'll give you some space and call you tomorrow." Then you can have a real discussion, not a screaming match.

NOT GUILTY!

Some guys act like normal girl behavior is a major transgression. Don't be wrongly accused!

He says you're clingy!

You sent your guy a text (okay, two) asking what he was doing—now he says **you're suffocating him**! You didn't do anything wrong. If he doesn't answer basic texts, he's not invested in your relationship, and is probably doing something you wouldn't approve of. Feel free to roll your eyes and move on.

He says you're pressuring him!

Some guys will dodge any talk about the status of your relationship or tell you they're not into labels like "boyfriend"—so you feel like *you're* piling on the pressure. But if you're hanging out with a guy a lot, of course you want to know if you should open your heart or just look at it as a fling. Never feel bad about **being clear** with a guy about what you want.

He says you're disloyal!

If your boyfriend forbids you from hanging out with your guy friends or gets jealous when you talk to another dude, it might feel like he really cares about you. But a mature, confident guy will trust you and realize the **other guys aren't a threat.** You shouldn't put up with any behavior from a guy that you wouldn't tolerate from your best friend (and she'd *never* tell you to ditch your guy friends!).

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PHOTOGRAPHS BY PHIL OH

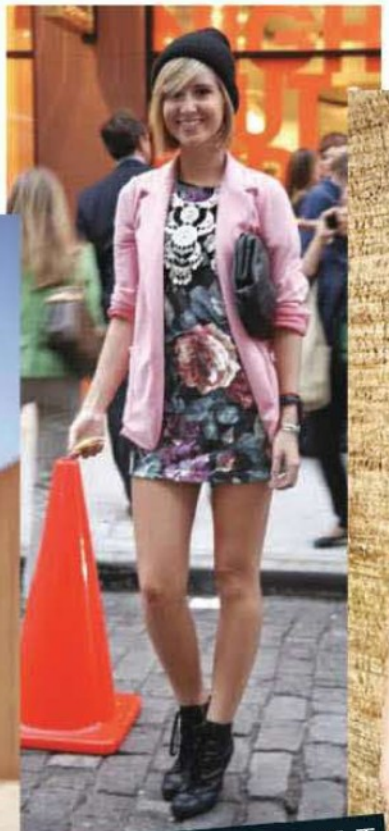
STREET style

Who needs a runway when there's the *real* way? Steal inspiration from the best-dressed girls, then put your own spin on spring's hottest trends.

BRIGHTS









STREET WAY

WHETHER YOU GO ALL OUT WITH MULTIPLE COLORS—OR ADD JUST ONE SPLASH OF INTENSITY—THESE HUES WILL GLAM UP ANY OUTFIT!

FASHION STYLIST FOR MAIN PHOTOS: ELISE WILSON AT RAYBROWNPRO.COM. HAIR: KEIKO HAMAGUCHI FOR REDKEN/CELESTINEAGENCY.COM. MAKEUP: VANESSA SCALI FOR DIOR BEAUTY AT TRACEYMATTINGLY.COM. STREET PHOTOS: (THIRD FROM LEFT) PHIL OH; (ALL OTHERS) MR. NEWTON (3). ON MODEL, OPPOSITE PAGE. EARRINGS, URBAN ORIGINAL.

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17 WAY

MIX NEON SHADES FOR A FUN BOLD STYLE, BUT ADD A LOOSE SWEATSHIRT AND COMFY SNEAKS TO KEEP IT FROM LOOKING CLOWNISH.

sweatshirt
Sizes XS–XXL, American Eagle Outfitters, $30, ae.com.
tank
Sizes XS–XL, DKNY Jeans, $44, Macy's.
jeans
Sizes 0–13, Soundgirl, $29, soundgirl.com.
hat
Converse One Star, $17, Target stores.
belt
Diesel, $60, Diesel stores.
bangles
On right arm: Purple zebra bangle, Forever 21, $6, select Forever 21 stores; pink heart bangle, Marc by Marc Jacobs, $78, shopbop.com.
On left arm: Yellow bangle, M. Haskell, $15, call 212-764-3332 to order.
sneakers
Sizes 3–13, Converse, $100, select Saks Fifth Avenue.

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17 WAY

FLOUNCY TIERS LOOK COOLER IN DENIM. TRY LAYERING DIFFERENT WASHES AND ADDING TRIBAL JEWELRY FOR A FUNKY, TEXTURED LOOK.

vest
Sizes S–XL, Almost Famous, $40, Sears.

dress
Sizes XS–XL, Vanilla Star Jeans, $38, Wet Seal stores.

top
Sizes XS–XL, Calvin Klein Jeans, $60, calvinkleinjeans.com.

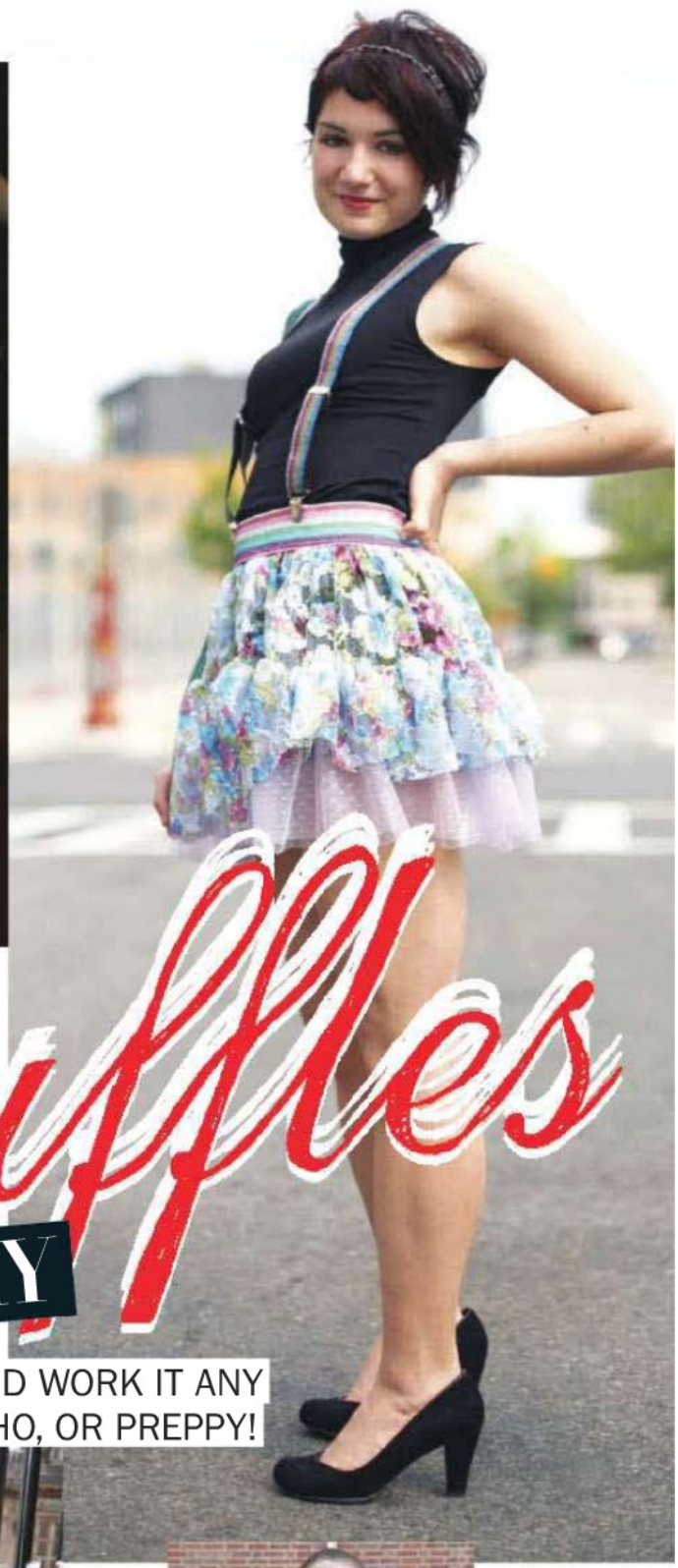
earrings
Afaze, $10, afaze.com.

bangles
On right arm (from elbow to wrist): Tiger bracelet, Urban Original, $5, urbanog.com; spike bracelet, Rachel by Rachel Roy, $65, Macy's; thick brown bangle, AMI Clubwear, $4, amiclubwear.com. On left arm: Giraffe bangle, Lulu's, $9, lulus.com; cheetah bangle, Say What?, $7, call 201-804-7800 to order.

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Ruffles

STREET WAY

TAKE THIS GIRLY TREND AND WORK IT ANY WAY YOU WANT: GLAM, BOHO, OR PREPPY!









STREET PHOTOS: (BOTTOM ROW, FAR RIGHT AND CENTER, AND CENTER ROW FAR LEFT) PHIL OH (3); (ALL OTHERS) MR. NEWTON (4).

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lace

STREET WAY

THESE VINTAGE-INSPIRED PIECES HAVE A LIGHT, AIRY VIBE—AND FEEL SO ROMANTIC, THEY'LL SWEEP YOU OFF YOUR FEET.













STREET PHOTOS: (LEFT SIDE) PHIL OH (3); (ALL OTHERS) MR. NEWTON (3).

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17 WAY

TRY BLACK LACE WITH RIPPED-UP ZIPPERED JEANS—THE LOOK IS TOUGH BUT SWEET.

top
Sizes XS–L, BB Dakota, $70, dakotacollective.com.
tank
Sizes XS–L, Bop Basics, $55, shopbop.com.
jeans
Sizes 3–13, Bu from Malibu, $48, Nordstrom.
earrings
Afaze, $7, afaze.com.
necklace
Lulu's, $26, lulus.com.
bracelets
Lulu's, $11 each, lulus.com.
bag
Converse One Star, $35, select Target stores.
shoes
Sizes 6–10, Report, $90, amazon.com.

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17 WAY

MAKE THIS TREND SEXY WITH EARTHY COLORS, CUTOUT SHOULDERS, AND A SERIOUS BELT!

top
Sizes XS–XL, Jean Paul Gaultier for Target, $50, select Target stores.

skirt
Sizes S–L, Lulu's, $35, lulus.com.

sunglasses
Forever 21, $5, select Forever 21 stores.

necklace
Forever 21, $11, select Forever 21 stores.

bag
AMI Clubwear, $18, amiclubwear.com.

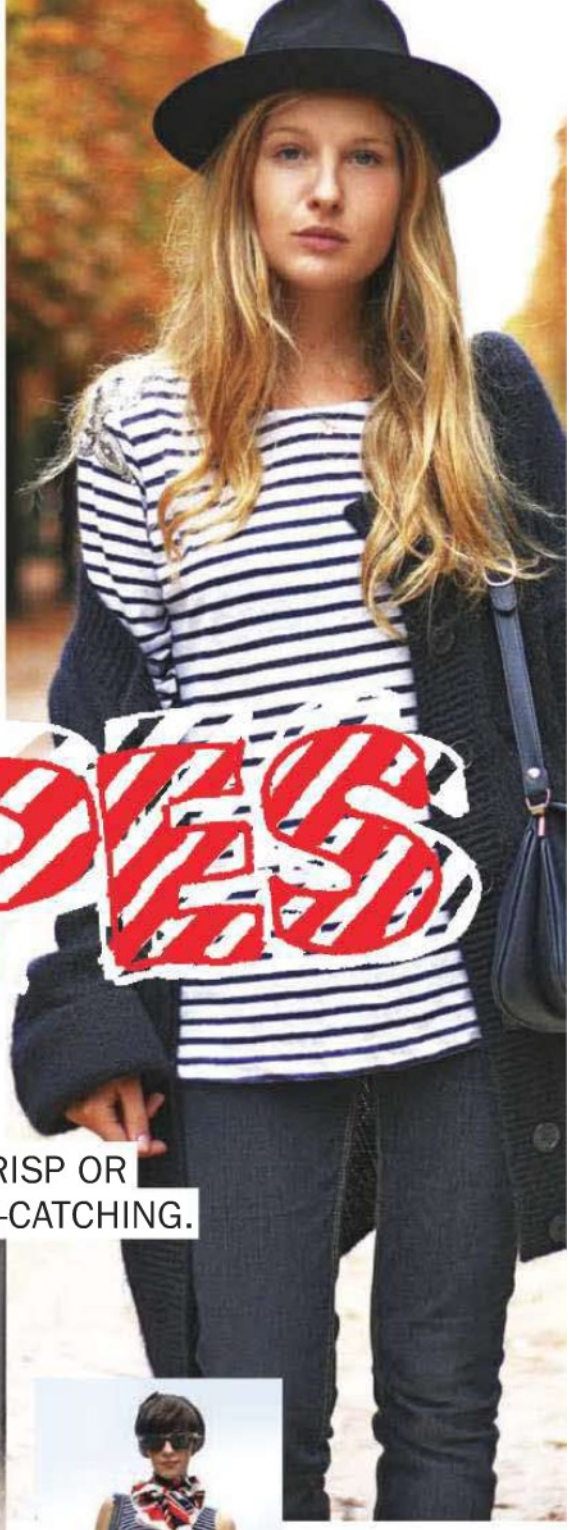
belt
Topshop, $70, topshop.com.

shoes
Sizes 6–10, Chinese Laundry, $79, chineselaundry.com.

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STRIPES

STREET WAY

THIS GRAPHIC PRINT CAN BE CRISP OR SLOUCHY, BUT IT'S ALWAYS EYE-CATCHING.







STREET PHOTOS: (FAR LEFT AND BOTTOM CENTER) PHIL OH (2); (ALL OTHERS) MR. NEWTON (5). ON MODEL, OPPOSITE PAGE: PEARL BRACELETS AND SKINNY GOLD BANGLES, ALL LULU'S; IVORY BANGLES, SAY WHAT?.

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totally *tousled*

This pretty bedhead look is so easy, you could do it while sleepwalking! After washing, let your hair air-dry about 50 percent. Warm up a quarter-size dollop of texturizing balm in your palms and really work the product into hair by scrunching and pinching strands up and down the length of your locks. Finish drying with a diffuser.

try: Garnier Fructis Style Surf Hair Matte Texture Cream, $4, drugstores

ON MODELS: (THIS PAGE) DRESS, D&G; EARRINGS, MARC BY MARC JACOBS; NECKLACE, SMITH BY ZOE CHICCO; (OPPOSITE PAGE) DRESS, DSQUARED²; YELLOW PIN, D. CARUSO; GRAY PIN, TARINA TARANTINO.

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catch the wave

See you later, flat-iron! The prettiest new hair is curly, bouncy, flowing, and full. World-famous hairstylist Orlando Pita shows you how to make waves with these sexy styles.

by yesenia almonte

photographs by donna trope

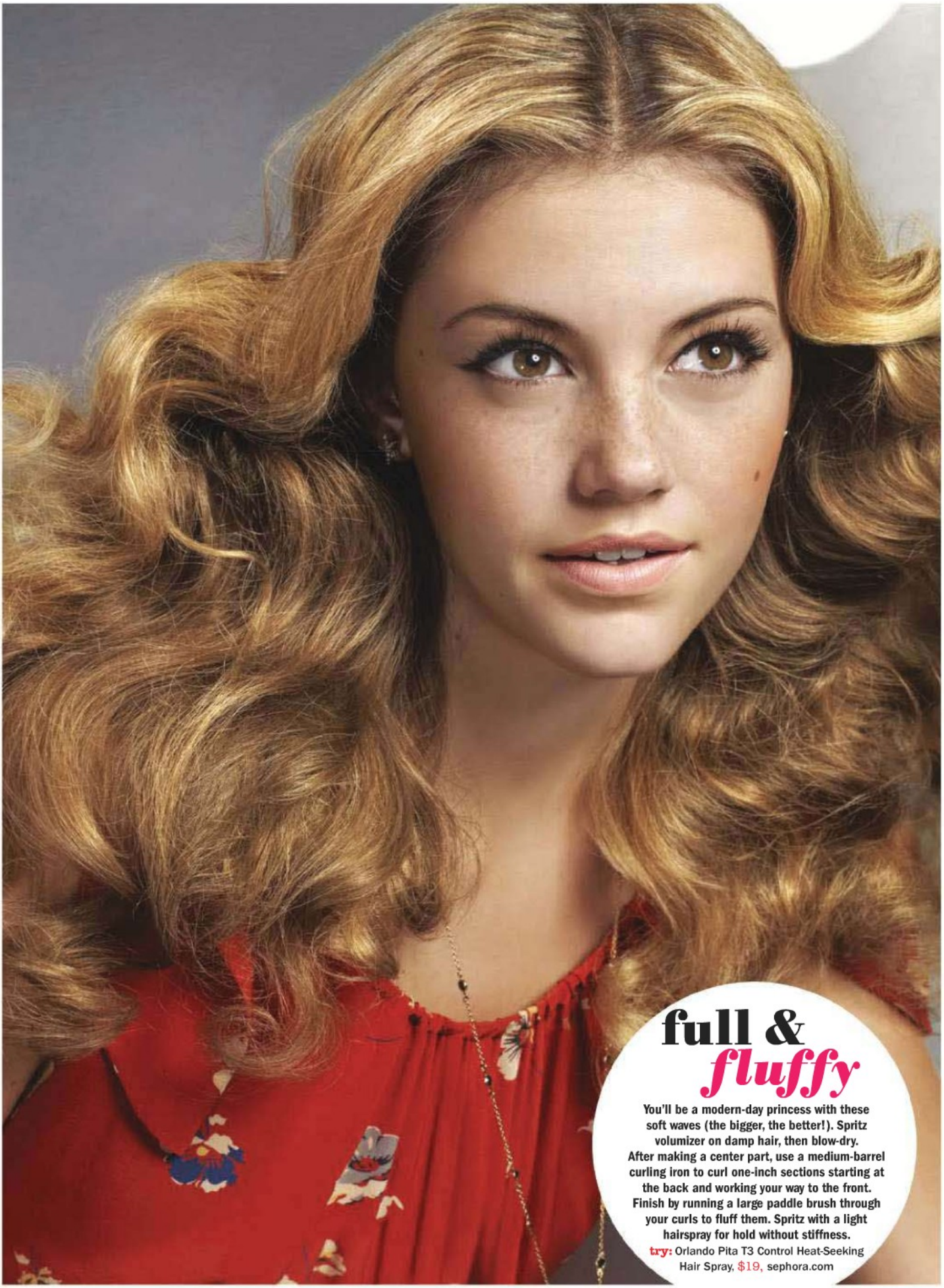


sweet swirls

Tight loops plus volume equals super-fun spirals! The secret: Apply a volumizing gel on wet hair, then air-dry. Clip your hair into sections, and starting at the nape of your neck, use a small curling iron to wrap one-inch pieces of hair around the barrel. Curl all your locks, stopping two inches from the scalp so you're left with smooth roots. Run your fingers through the curls once to get that soft halo effect, then spray all over with hairspray.

try: Revlon Nano-Ceramic ¾" Curling Iron, $14, drugstores

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full & fluffy

You'll be a modern-day princess with these soft waves (the bigger, the better!). Spritz volumizer on damp hair, then blow-dry. After making a center part, use a medium-barrel curling iron to curl one-inch sections starting at the back and working your way to the front. Finish by running a large paddle brush through your curls to fluff them. Spritz with a light hairspray for hold without stiffness.

try: Orlando Pita T3 Control Heat-Seeking Hair Spray, $19, sephora.com

ON MODELS: (THIS PAGE) DRESS, REBECCA TAYLOR; EARRINGS, MARC BY MARC JACOBS; NECKLACE, SMITH BY ZOE CHICCO; (OPPOSITE PAGE) DRESS, JILL STUART COLLECTION.

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pretty *glam*

This classic Hollywood style will make you look like a star! First blow-dry hair straight and make a deep side part. Roll two-inch sections of hair around hot rollers, winding up, not under (do this all over). Stop rolling halfway up your strands and leave in for 20 minutes. Undo rollers, and while waves are still warm, spritz with hairspray. Lightly brush curls to loosen. Spritz again with hairspray for hold.

try: Conair Instant Heat Jumbo Hot Rollers, $35, drugstores

Fashion Stylist: Annebet Duvall. Makeup: Christopher Ardoff for Christian Dior at Art Department. Hair: Orlando Pita for Orlo Salon, NYC. Prop Stylist: Richie Owings for Halley Resources.

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down & dirty
Danielle's makeout session could *not* have been fun for her daughters, Christine, then 15, and Jillian, then 11, to watch!

PHOTO: JAMIE McCARTHY/WIREIMAGE

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cougar moms!

It can seem like it's your mom's job to mortify you. But a new wave of moms is doing more than making you blush: They act so sexy and flirtatious, they make you question their judgment—and your own sanity.

BY JESSICA PRESS



When Bri, 16, started high school, she thought it was cool that her mom was so much fun to hang out with. "My parents got divorced when I was 6, but high school is when it actually started to seem like a *good* thing—I was grateful to have a mom who wanted to shop at the same places and see the same movies I was into," she says. "I felt like we suddenly had so much in common, and I could tell her anything and she'd understand." But after a few months of sharing clothes and gossip, things started to take a turn for the worse: Bri's mom went from shopping at the same stores as Bri did—to flirting with the same guys. "Now I can't go anywhere without her flirting with every guy she meets. One of her recent boyfriends was 23. After that, she started going to my brother's hockey games to flirt with his coach—who's 12 years younger than she is—and *they* started dating." Bri says she wishes her mom would change—but not because it embarrasses her in front of her friends. "The truth is that my friends think my mom is so cool and pretty, and my guy friends think she's sexy.

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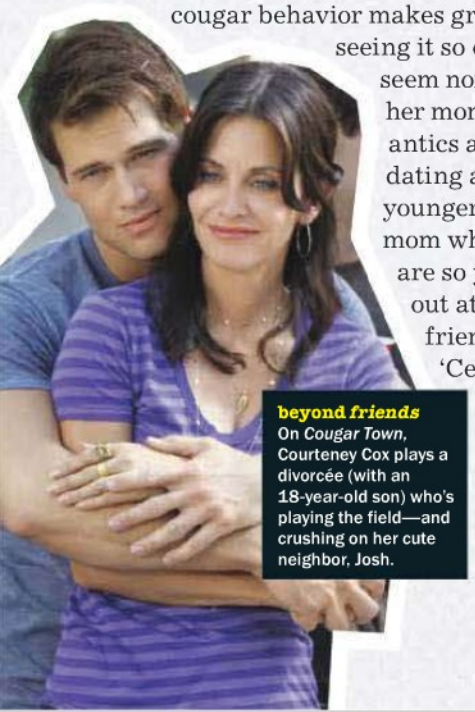
My ex-boyfriend used to joke about getting with her! But I don't want my crushes crushing on my *mom*. I feel like I have to keep her away from my new boyfriend to keep him from paying more attention to her than to me."

Bri's mom is the perfect example of a cougar—an older woman who's into (and almost seems to hunt down!) way younger guys. *Lots* of girls say their moms are on a cougar kick too: Meghan, 17, says her 46-year-old mom dated the same guy who'd dated one of her 18-year-old friends; Hunter, 18, sometimes feels as if her friends like her cougar mom more than they like her; and Jessica, 16, reports that ever since her parents got divorced last year, her mom "dresses up in short skirts and dates guys who are barely 25, then tells me everything about her sex life. It's *so* awkward." The truth is that you want to be open with your mom—but it feels unsettling if she's *that* open with you.

"I wish she'd realize that she's not a celebrity—she's a mom, and I'd respect her more if she acted like one." –CARLA, 18

cougar nation

Maybe it's not surprising that so many more moms are cougars these days when you consider what a major part of pop culture the older woman/younger man story line has become. On *Gossip Girl,* Nate got himself into a seriously steamy mess with the way older "Duchess." And on *The Real Housewives of New Jersey,* Danielle dated a guy who was closer in age to her then-15-year-old daughter than to her own! And while Hollywood cougar behavior makes great TV plot lines, just seeing it so often makes it start to seem normal. Carla, 18, says her mom uses celebrities' antics as her *excuse* for dating a guy who's 14 years younger: "When I ask my mom why she dates guys who are so young that they hang out at the same clubs *my* friends go to, she says, 'Celebrities do it, and 40 is the new 20!' I wish she'd realize that she's not a celebrity—she's a mom, and I'd respect her more if she acted like one."



beyond friends
On *Cougar Town,* Courteney Cox plays a divorcée (with an 18-year-old son) who's playing the field—and crushing on her cute neighbor, Josh.

cool cougars



cringefest
Linda Hogan denies she was anything more than a "friend" to her daughter's former schoolmate Charlie—but their relationship still totally skeeved out Brooke!

Of course, not all cougar moms—in real life or in Hollywood—have completely crossed the line. Take Courteney Cox's character, Jules, on *Cougar Town:* She's the kind of mom who, like so many out there, get out of a bad marriage and just want to look and feel their best. Maybe the cougar mom you know got married young and never had a chance to date around. Or maybe since her kids are busy with school and their own social lives and don't need her as much anymore, she needs something to fill her time. All that freedom also explains why she has more time to take care of herself—shopping, working out, Botoxing . . . whatever it takes to look and feel young. "My mom had me at a young age and had to step up to the plate and take care of me. Now that I'm older, my mom loves to party, shop, and date, and I don't have a problem with it," says De'Junique, 17. "It's nice to have a mom who's young and outgoing. I call her my Triple Threat—she's a mom, a best friend, and like a sister. I can tell her anything, and even my friends tell her personal stuff."

"Now that I'm older, my mom loves to party, shop, and date, and I don't have a problem with it." –DE'JUNIQUE, 17

wild cougars

Still, girls who are cool with cougar moms are the exception: The majority of girls who shared their stories with *Seventeen* wished their moms would *change* their embarrassing ways. Take Erica, 17. After her parents split up two years ago, her mom dyed her hair blonde and started wearing clothes "so tight they could be mistaken for a second skin." But that wasn't as traumatizing as what she says her mom started doing next: partying all night at clubs and sometimes not even coming home. After a few months, Erica says her mom even drained Erica's college tuition money to buy herself breast implants. "One night, a friend called to tell me she saw my mom leave a club with some guy," Erica

COUGAR TOWN: ABC/KAREN NEAL. HOGANS: (MAIN) BARRY BRECHEISEN/WIREIMAGE; (INSET) BARRY BRECHEISEN/WIREIMAGE FOR HYPE PUBLIC RELATIONS.

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says. "Hours after the call, my mom still wasn't home, so I made my dad drive around town with me to look for her—I was worried she could be hurt or in an accident." When Erica arrived at the club to look for her mom, she found her—in a car, hooking up with a guy who'd recently graduated from Erica's high school! "I was so humiliated and angry. I shouldn't have to be a 17-year-old babysitting a 40-year-old woman. It's not cool at all to have a cougar mom—I feel totally robbed of being a teenager."

cougar cutoff

Not only does having a cougar mom make you feel like you're not getting your fair chance to be the "kid" in the family—but it also makes you feel uncomfortable to be *competing* with your mom. Plus, your mom is supposed to be the one reassuring you that you're gorgeous and awesome—but if she's the one who needs constant reassurance, it can make you feel even more insecure and upset. But some moms *do* change. Jessica, 17, says that after her parents' divorce, her mom was a total cougar. "She started dressing younger than she was and went through younger boyfriends like crazy," Jessica says. "I felt like her new life was more important to her than I was. But one day when she came out wearing a fishnet tube top and super-short shorts with three-inch heels, I flat out told her, 'Mom, you look like a hooker.' She treated it like a huge wake-up call, and it got us talking. I told her I understood it was hard to be single, but that she'd changed too much from the mom I could depend on, and that I missed her. Soon after that, everything changed: She broke up with her boyfriend, got a job, started acting her age, and made *me* a priority." Jessica says her mom is now showing her that she's worthy of being trusted and looked up to. So maybe the secret to getting your mom to understand *you* is to try to understand *her*. Show her that you accept and love her—without judgment—and without any makeup, extensions, or that miniskirt you just *know* she borrowed from your closet.

"It's not cool at all to have a cougar mom—I feel totally robbed of being a teenager." –ERICA, 17



cougar trap The Duchess tried to blackmail Nate into staying with her!

get your mom back!

Here are the keys to having a great relationship with your mom—no matter what.

STEP 1 Have girl time: Instead of screaming at your mom or avoiding her altogether, ask her to set aside 20 minutes for the two of you this weekend—to go for a walk or for coffee or just to sit down in your living room.

STEP 2 Tell her what you need. Say: "When you act like this [tell her *specifically* what she does that upsets you], it makes me feel uncomfortable." Remind her that you need and *love* her. That will make her more open to your feelings, and less likely to feel defensive.

STEP 3 Don't give up. If you don't feel like you're getting through to her, talk to someone else. You may feel embarrassed or protective of your mom, and not want to make her seem like a bad parent. But in the end, *any* mom-daughter relationship will be stronger and more genuine if you deal with your frustrations—instead of ignoring them or resenting her.

COUGARS: COOL OR CRINGE-WORTHY?

***Seventeen* readers weigh in!**



COOL! "I think moms should be able to date whomever they like. The media does a terrible job at portraying 'cougars,' but really, why should *any* girl or woman be made to feel bad for wanting to feel young? My mom dates a younger guy, and if doing so makes her happy, then I'm happy for her." –JENNA, 22, BROOKLYN, NY



CRINGE-WORTHY! "It would gross me out if my mom was a cougar, dating someone around my age or even a little older. She already had her chance to act and dress young—it's inappropriate to do it *now*. Moms should consider their kids' feelings *before* they start dating." –AMBRE, 17, NASHVILLE, TN

17 EXPERT: **Michael J. Bradley, Ed. D,** author of *Yes, Your Parents Are Crazy!: A Teen Survival Guide* (Harbor Press, 2004).

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TRAUMARAMA!

***Everyone* has had humiliating moments.**

kiss diss

"I was on a movie date with my boyfriend. We were really into each other, holding hands, and my head was on his shoulder. I was so excited because we hadn't kissed yet, and I figured that it would be the night! When the lights came on at the end of the movie, we both turned to each other, but he had a weird look on his face. He immediately pulled an 'I need a refill' excuse and bolted to the doors! I pulled out my mirror wondering what he saw. Turns out, I had a huge booger right under my nose that was totally visible! He wouldn't touch me for the rest of the night!"

hall monitor

"One day my boyfriend and I were making out by our lockers during break, and his hands were all over me. It was probably a little too much, but we were so absorbed, I didn't really care. All of a sudden, I felt a tap on my shoulder. I figured it was a teacher telling us to stop. It *was* a teacher—my dad! He usually stays in the upperclassman building, but he came to my wing to bring me my lunch money. I didn't know what to be more embarrassed about: the fact my dad caught me with my guy or the fact that he gave me lunch money in front of everyone!"

princess protection program

"I live in Orlando, Florida, so my family and I go to Disney World a lot. One weekend, we were together at the theme park and I saw my favorite princess character, Sleeping Beauty. I jokingly ran up to her like an anxious 10-year-old, trying to make my brothers laugh. As I was midhug with her, I realized the girl in the costume was this senior girl from my school, and I had just acted like a total fool. I turned bright red and ran far, far away!"

call me crazy

"I went over to my crush's house and set my phone on the table before I went into the bathroom. When I came back, he looked kind of sketched out. I didn't know why until I saw that my phone was sitting right next to him and the screen was showing—it was a stalkarazzi-style picture of him as he was coming onto the field at one of his football games! He told me he grabbed my phone to call our other friend when he saw my cell phone background. I felt like such a freak! He was cool about it when I tried to explain, but he won't let me live it down."

glowing red

"I was at a glow-in-the-dark bowling party, so I wore this super-cute white V-neck tee to impress my crush. At the party, my crush was giving me all this attention and started taking pictures of me. The next day I went on Facebook, where he had tagged photos of me from the night before. When I clicked

HEARTBREAKER

"My boyfriend and I were having a random conversation about jewelry. I told him I thought one of the tackiest things was any type of heart-shaped jewelry. He looked at me with a sad expression on his face. He finally broke down and told me he had gotten me a heart necklace for my birthday and asked if he should return it. I felt so bad!"

SEVENTEEN.COM Read a new trauma every day at seventeen.com/dailytrauma.

MAIN PHOTO: SAVE. (MODEL USED FOR ILLUSTRATIVE PURPOSES ONLY.) SITTINGS EDITOR: BETSY MULLINIX. HAIR: TYLER LASWELL FOR TRESEMMÉ/CONTACTNYC.COM. MAKEUP: THORA AT KATE RYAN INC., FOR MAKE UP FOR EVER. ON MODEL: TANK, FOREVER 21; SCARF, STYLIST'S OWN. STILL LIFES: JESUS AYALA/STUDIO D. STILL LIFES STYLISTS: (PHONE, RED HEEL, AND BLUE HEEL) PHYLLIS BAKER; (SUNGLASSES, BAG, AND ALL OTHER HEELS) CHRISTY ALCEBO.

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on the first picture, I realized that my bra glowed through my shirt—and it was a Powerpuff Girls design! I quickly de-tagged all of the pictures, but unfortunately they still live in the album and he won't delete them!"

safe sexting

"A guy sitting next to me in my English class randomly brought a bunch of condoms to school and dumped a handful on my desk as a joke. I immediately slid them into my lap so no one could see, but class was boring, so I started playing with the condoms under my desk. My teacher saw me fidgeting with something and called me out for texting. I told him that I wasn't texting, but he didn't believe me, and told me to hand over whatever I had. I quickly tucked the condoms between my legs under my dress and said I had nothing. Not convinced, he asked me to stand up. I guess he noticed I was standing weirdly, so he asked me to uncross my legs, and all the condoms went falling to the floor. The whole class burst out laughing, plus I got in trouble!"

smack that

"My friends and I were hanging out after school and I was telling a really dramatic story and threw my arms back. I hit something and turned around to see that my crush was standing right behind me and I had smacked him in his crotch! He looked away in pain. I was even more embarrassed because someone had recently told him I liked him and I was just getting over *that.* I apologized like crazy, but he and his friends still make fun of me to this day!"

party pooper

"I was at a friend's party and had a bad stomachache, so I headed for the toilet. I ended up having horrible diarrhea, but once I was done, I felt way better. I sprayed the bathroom with air freshener and stepped out to see my adorable crush standing right there. He smiled at me flirtatiously, and I smiled back. But as he walked into the bathroom, I heard him yell, 'Aw, dude! Nasty!' I guess the toilet hadn't flushed all the way! He came out with a completely disgusted look on his face. He just walked right past me, and we never spoke—or even *looked* at each other—again!"

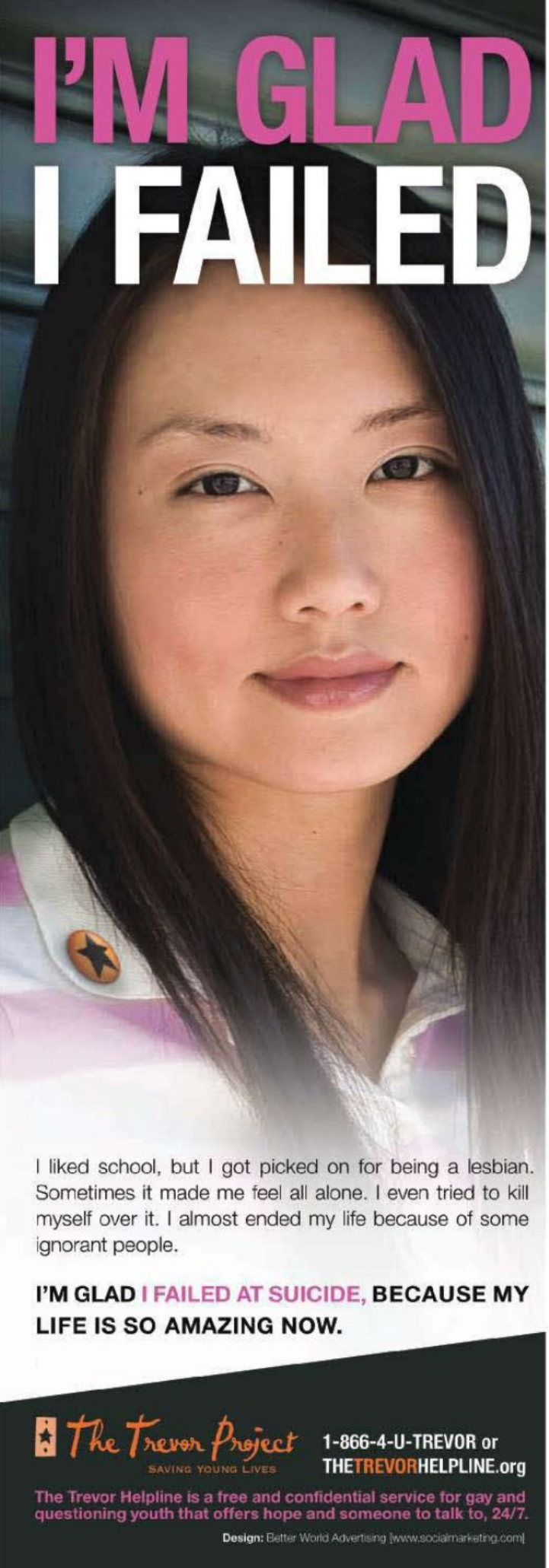
getting cheeky

"I went to a dance with my new boyfriend and gave him my phone to hold in his back pocket. During the night, he introduced me to a few of his friends. At one point, he was standing behind me and I wanted my phone, so I turned around and stuck my hand deep into his pocket looking for it. He jerked around, and I realized it wasn't my boyfriend's pants I'd stuck my hand into—it was his best friend's, whom I'd *just* met. Awkward!"





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HOW TO PARTICIPATE IN THE LANCÔME JUICY TUBES GIVEAWAY (page 10): Beginning March 9, 2010, bring the April 2010 cover of *Seventeen* or a printout of the **seventeen.com** home page to any participating Nordstrom store to receive a full-size Lancôme Juicy Tubes lip gloss (approximate retail value: $18). Eight thousand (8,000) will be given away. One per person. Giveaway ends April 12, 2010, or while supplies last. Once all lip glosses are distributed, there will be no substitute product given away.

Sweepstakes Rules

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HOW TO ENTER THE TEEN READER FEEDBACK SWEEPSTAKES (page 10): Go to **survey.seventeen.com** and complete and submit the entry form pursuant to the on-screen instructions beginning at 12:01 A.M. ET, January 4, 2010, through 11:59 P.M. ET, December 11, 2010. One (1) winner will receive a $500 American Express Gift Card, and five (5) winners will receive a $100 American Express Gift Card. Sweepstakes subject to complete Official Rules available at **survey.seventeen.com**.

HOW TO ENTER THE APRIL DAILY HAIR FREEBIES SWEEPSTAKES (page 14): Complete and submit the online entry form at **seventeen.com/freebies** beginning at 12:01 A.M. ET, April 1, 2010, through 11:59 P.M. ET, April 30, 2010. Sweepstakes subject to complete Official Rules available at **seventeen.com/freebies.**

HOW TO PARTICIPATE IN *THE VAMPIRE DIARIES* SWEEPSTAKES (page 20): **NO PURCHASE NECESSARY TO ENTER OR WIN.** Sponsored by Hearst Communications, Inc. Beginning at 12:01 A.M. ET, March 2, 2010, through 11:59 P.M. ET, April 12, 2010, go to **seventeen.com/vampiresweeps** and complete and submit the entry form pursuant to the on-screen instructions. One (1) grand-prize winner will win a trip for two to Atlanta, Georgia, and will visit the set of *The Vampire Diaries* (total approximate retail value: $1,075). Odds of winning will depend upon the total number of eligible entries received. Open to females between the ages of 13 and 29 who are legal residents of the 50 United States or District of Columbia. Void in Puerto Rico and where prohibited by law. Sweepstakes subject to complete Official Rules available at **seventeen.com/vampiresweeps**.

HOW TO ENTER THE APRIL ALL ACCESS SWEEPSTAKES (page 106): Go to **seventeen.com/freebies** to enter, beginning at 12:01 A.M. ET, March 2, 2010, through 11:59 P.M. ET, April 12, 2010. One (1) winner will receive a Stretch and Tone Sports Bra (approximate retail value: $34), an Out of Bounds Tank (approximate retail value: $54), Pace Setter Shorts (approximate retail value: $48), and a Pulse Jacket (approximate retail value: $85) from Roxy Athletix. Total approximate retail value for all prizes awarded: $221. Sweepstakes subject to complete Official Rules available at **seventeen.com/freebies**.

HOW TO ENTER THE APRIL GO GREEN SWEEPSTAKES (page 114): Go to **seventeen.com/freebies** to enter, beginning at 12:01 A.M. ET, March 2, 2010, through 11:59 P.M. ET, April 12, 2010. One (1) winner will receive Sony VAIO W-Series Eco Edition Mini Notebook. Total approximate retail value: $480. Sweepstakes subject to complete Official Rules available at **seventeen.com/freebies**.

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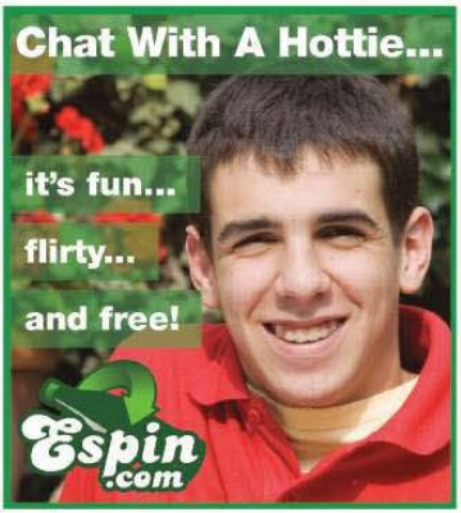
HOW TO ENTER THE SEARCH FOR THE NEXT *SEVENTEEN* BEAUTY SMARTIE PROGRAM (page 94): **NO PURCHASE NECESSARY TO ENTER OR WIN.** Sponsored by Hearst Communications, Inc. Beginning 12:01 A.M. ET, March 2, 2010, through 11:59 P.M. ET, April 12, 2010, go to **seventeen.com/newsmartie** and complete and submit the entry form pursuant to the on-screen instructions. Entries must include one close-up color photo of your face wearing a unique makeup look that you created and a 200-word description about your look. Applicants must be able to record and upload videos. Ten (10) finalists will be selected, then asked to submit a short video, no longer than three minutes in length, that shows how to apply the makeup look they created. *Seventeen* magazine will then choose one (1) new Beauty Smartie Correspondent based on the most concise, informative, and innovative video. Program open to female legal residents of the 50 States and District of Columbia 16–23 years of age. Void in Puerto Rico and where prohibited by law. Program is subject to complete terms and conditions available at **seventeen.com/freebies.**

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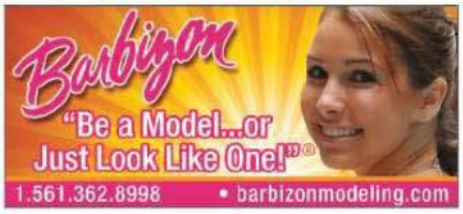


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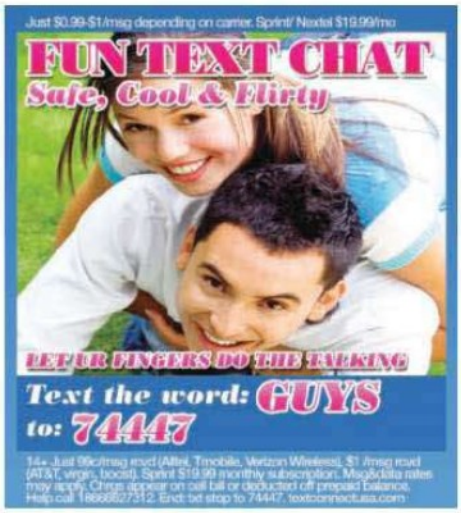
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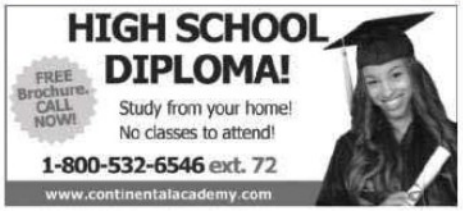


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APRIL HOROSCOPES

by sally brompton



aries

Mar 21–Apr 19 With your bold personality, you have no trouble chatting up guys, but when Pluto turns retrograde in April, you'll feel like taking a break from flirting. One of your crushes will miss you in a major way—and realize how much he *really* likes you. Now you have to figure out if the feeling is mutual!

taurus

Apr 20–May 20

You love that your guy wants to spend *every* second with you, but admit it: For a while, you've been craving a night out with your BFFs. It won't be easy to tell him how you feel, so wait until the 3rd, when Mars and Venus will give you courage to explain it (in the nicest way!).

gemini

May 21–Jun 20

You're famous for your sense of style, but when the moon turns full on the 28th, you'll take your look to the next level, and the results will be crazy *hot*. Plan a night of party-hopping to make sure you get maximum exposure. PS: Your crush will love it!

cancer

Jun 21–Jul 22

Okay, your girls may tease you for having seen *The Notebook* a zillion times, but in April your life will be just as romantic as your favorite movie. On the 17th, Venus will introduce you to the sweetest guy, so smile and say hi—he could be your perfect match!

leo

Jul 23–Aug 22

You've been dreaming of a makeover for ages, but you're low on cash and your birthday is still months away. On the 28th, the sun and Mercury will inspire you to get creative and enlist your friends—DIY mani-pedis and a cool clothing swap are just the start!

virgo

Aug 23–Sep 22

You like to keep everybody happy, but more people than ever are relying on you. Stress! Luckily, Mercury will give you a chance on the 10th to vent to your BFF—she always gets *exactly* what you're going through. After a night of girl talk, you'll be ready to help others again.

libra

Sep 23–Oct 22

Libra girls are all about keeping things in balance, but this month, you'll indulge your wild side! On the 17th, Venus and Jupiter will push you to say yes to a huge party invite. Just take your best friend along to keep from going *too* crazy!

scorpio

Oct 23–Nov 21

Shyness has never been an issue for you, Scorpio, but your crush has you feeling nervous and a little tongue-tied. So weird! If you want to make a move, hold off until the 25th, when Pluto restores your confidence to its usual levels. You'll be irresistible.

sagittarius

Nov 22–Dec 21

Your friend has a secret she needs to spill, but she's afraid she'll freak you out. You can guess what it is, but you haven't wanted to pry. On the 6th, Mercury will urge you to get her talking. Good thing! Once you have the info, you'll be better able to help her out.

capricorn

Dec 22–Jan 19

You're usually super-focused when it comes to school, but you've spaced on a few assignments lately (and your parents have noticed!). Try not to worry: By the 26th, Saturn and Uranus will join forces to help you recapture your famous Cap concentration.

aquarius

Jan 20–Feb 18

You've been obsessing about your ex lately . . . and maybe even Facebook-stalking him a bit? But on the 16th, Jupiter will inspire your girls to make special plans to get you offline and out of the house. Go along! A new scene will help you forget about the ex *and* feel like yourself again.

pisces

Feb 19–Mar 20

Your best guy friend is dating someone you actually *like*. But when Mars and Venus link up on the 3rd, his new GF will start acting majorly jealous of you. Before things get out of hand, tap into your Pisces sensitivity to put her mind at ease.

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